

Wilmington Library News:

Preserve family memories on Tuesday, Sept. 6

The library will be closed on Saturday, Sept. 3 and Monday, Sept. 5 for Labor Day.

Adult Programs

INDOOR

Drop-In Tech Help
Tuesday, Sept. 6, 2 p.m.
Wednesday, Sept. 7, 2 p.m.
Have a tech question that's been bugging you? Stop by Drop-in Tech Help.

INDOOR

How to Take Care of Family Heirlooms
Tuesday, Sept. 6, 7 p.m.
Join Town Curator Cienna Lyon to discuss tips and tricks in the museum trade that YOU can use on your own family heirlooms. You are welcome to bring specific small items that you'd like to get advice on. A demonstration on preservation methods will occur.

VIRTUAL

50+ Job Seeking Network Group
Wednesday, Sept. 7, 9:30 a.m.
Join us in a professional forum for networking with peers in a safe and comfortable environment conducive to developing new relationships and developing skills and strategies to help in your career transition. This week's topic (Sept. 7) is developing a resume.

OUTDOOR

Historic Cemetery Walk
Thursday, Sept. 8, 6 p.m.
Now that it's getting into the fall season it's time for a graveyard walk! Join town curator Cienna Lyon on a historic walk of Wildwood Cemetery and the Olde Burying Ground. Meet in the back of the library.

INDOOR

Needleworkers
Friday, Sept. 9, 10 a.m.
This is a social group for those who do any kind of needle craft. Bring your knitting, crocheting, quilting, etc. and enjoy a little conversation and camaraderie. Drop in.

Youth Programs

INDOOR

Lil Bookworms Book Club
Wednesday, Sept. 7, 3:30 p.m.
This book club is for students in Kindergarten, Grades 1 and 2, and features books, reading comprehension and an activity. Siblings welcome. Grades K-2

INDOOR

Crafternoon: Beeswax Wraps
Thursday, Sept. 8, 3:30 p.m.
Make reusable beeswax wraps for your school

lunch in this month's Crafternoon. Grades 4-8

INDOOR

Tiny Art Show! Canvas Pick Up
Saturday, Sept. 10, All Day
We want you to make a tiny piece of art for our Tiny Art Show! Open to all ages and all mediums! Pick up a tiny canvas from the library (while supplies last) or create a tiny sculpture, a tiny felted creation, tiny knitting, or even tiny ceramics! Be creative! Specifications: All artwork must be either on a 3x3 inch canvas or, if 3D, must be 3x3x3 inches or smaller in all dimensions. The first 150 registrants will receive a mini canvas, should they want one, and anyone after that wanting to participate can purchase their own canvas, use a 3X3 inch piece of paper, or create with a different medium as long as their

final piece is 3x3x3 inches or smaller. Important Dates: Participants will have until Sept. 17 to pick up their canvas and until Sept. 24 to drop their artwork off. When dropping off your artwork, please fill out this Google Form for us to label your work appropriately. We will have a Tiny Art Show Reception on Wednesday, Oct. 5 at 6:30 p.m. and hope you all can attend! All Ages

VIRTUAL

Practice SAT With the Princeton Review
Saturday, Sept. 10, 10 a.m.
Join The Princeton Review virtually to take a free, full-length practice SAT. After the test, you'll receive a comprehensive score report detailing your strengths and weaknesses. Grades 9-12

WML In-Person Programming
Registration is required

for most in-person programs. Please check our website on the day of the program to confirm location. Masks are no longer required for vaccinated patrons while visiting the library.

WML Virtual Programming
The library continues to offer a variety of virtual events. Please note that registration is required in order to receive the Zoom link. Go to wilmlibrary.org to register or call 978-658-2967.

Book Store Next Store,
183 Middlesex Ave.
Open Saturdays & Wednesdays, 10 a.m. - 4 p.m.
Shop discount books! Paperbacks for \$1 and hardcovers for \$2.
The Book Store is staffed by volunteers from the Friends of the Library and all proceeds help support library programs.

Town seeing return of students from private, home settings

ENROLL FROM PAGE 1

Byrnes provided on this topic was a desire for siblings to remain on the same side of town in plans to reconfigure grades, as this will impact activities and family time.

Brand called attention to the special Town Meeting scheduled for Saturday, Nov. 19 at 9 a.m. at the high school to seek funding for the construction of both the new senior center and the new town hall/school administration building.

He then shared that universal free meals for students in Massachusetts will continue into this school year.

Next, he included new language for a Memorandum of Understanding between the Wilmington Police Department and Wilmington Public Schools.

"Largely speaking, this is a model produced and suggested by the state," said Brand.

The language modified, he continued, is only district-specific and not substantive. He also said that the MOU would be posted on the school's website.

Byrnes asked how professional development would be provided to re-

source officers within the school. Brand answered that this would fall under the purview of the police department, but they could also provide the school's resources to the officers.

In student enrollment, which Brand emphasized is not official, he referenced a variance of 12 students district-wide going into this year according to their current projections.

"Across the board, we're seeing the return of students from private and home school settings," he said.

He suggested that the distance from the pandemic and economic struggles may be contributing to the high retention rate.

Byrnes wondered whether there was any concern about MCAS scoring changes related to enrollment. Brand suggested that the district would continue to provide a robust educational experience regardless of MCAS expectations on students.

David Ragsdale added that Wilmington students currently score "overwhelmingly" above the new threshold, so he didn't see the competency of MCAS scores having any

effect on enrollment.

Lastly, Brand addressed a recent *Boston Globe* article about enrollment being down across the entire state. He suggested that Wilmington is not too different in this regard from surrounding communities from Rockport to Brookline.

The committee made and approved a motion to authorize the town manager to engage the MSBA in a Feasibility Study Agreement, which would move the town into the next phase for the new Wildwood School.

Assistant Superintendent Christine Elliott then described the tiered focus monitoring corrective action self-evaluation resulting from a previous engagement with the Department of Education. The district was asked to develop and execute an improvement plan in this area. They provided a report and staff and student survey results, accepted in full by the DOE, thus

completing the plan.

She also mentioned the involvement of the town's shared Equity, Diversity, and Inclusion Coordinator in the project.

Wilmington Middle School Principal Dr. Jeannette Quirk provided updates to the WMS handbook thanks to the help of the school advisory council. She mentioned updates including the activity block and directed study being added to the schedule along with more clubs. Expanding on the activity block, she explained that this time would occur once in the 6-day schedule for all students at the same time.

Chair Dr. Jenn Bryson asked about sitting by house at lunch, which Quirk said is an expansion from last year where they sat by homeroom. In the future, she said that they want to align better with the high school and provide more freedom to students as they get older.

Bryson also noted the

return of lockers, although Quirk said that they hadn't scheduled time during the day for students to go to their lockers. Bryson spoke to personal experience with her own child in middle school and how heavy their backpacks get carrying everything for every class all day.

Quirk replied that teachers are trying to be as online as possible and that bigger backpacks are allowed, but there was still more work to do in order to lighten the load. Byrnes suggested that this is also an issue of student wellbeing. The committee didn't vote on the changes to the handbook that night.

They also looked at the updates for the WPS Student/Parent Handbook in the student discipline section. Brand shared that the changes were meant to be consistent with Massachusetts general law and aligned for grades 6-12.

Byrnes asked how stu-

dents expelled for less than 10 days would be provided access to educational progress, as written, and Brand replied that it could be through synchronous instruction.

Turner pointed out a few places where the language was inconsistent. This handbook would also be edited and brought back for a second read before the committee would vote.

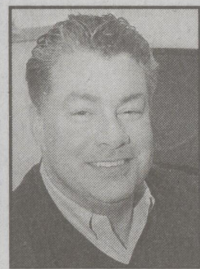
In public comments, Jeffrey Cohen claimed that "warped gender ideology" is being introduced to Wilmington students and leading to school attrition. He proposed instead that teaching about gender and race should be reserved for parents.

One letter of correspondence came in from retired WHS Principal Linda Peters, who thanked the whole community and the committee for giving her the strength to move forward.

The School Committee's next meeting will be on Sept. 14.

Advertisement

It's Your Money
by Todd Brisbois



HOMEOWNERSHIP AND TAXES:
Things taxpayers should consider when selling a house

It's important for taxpayers to understand how selling their home may affect their tax return. When filing their taxes, they may qualify to exclude all or part of any gain from the sale from their income. Here are some key things homeowners should consider when selling a home:

Ownership and use: To claim the exclusion, the taxpayer must meet ownership and use tests. During a five-year period ending on the date of the sale, the homeowner must have owned the home and lived in it as their main home for at least two years.

Gains: Taxpayers who sell their main home and have a gain from the sale may be able to exclude up to \$250,000 of that gain from their income. Taxpayers who file a joint return with their spouse may be able to exclude up to \$500,000. Homeowners excluding all the gain do not need to report the sale on their tax return.

Losses: Some taxpayers experience a loss when their main home sells for less than what they paid for it. This loss is not deductible.

Multiple homes: Taxpayers who own more than one home can only exclude the gain on the sale of their main home. They must pay taxes on the gain from selling any other home.

Reported sale: Taxpayers who don't qualify to exclude all the taxable gain from their income must report the gain from the sale of their home when they file their tax return.

Possible exception: There are exceptions to these rules for some individuals, including persons with a disability, certain members of the military, intelligence community and Peace Corps workers.

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New beginnings for Shawsheen Superintendent Tony McIntosh

By CASEY STEVENSON
News Correspondent

BILLERICA — Shawsheen Valley Technical High School has a new superintendent in the building, excitedly awaiting his first year on the job. Tony McIntosh was the finalist chosen by the Superintendent Search Committee, and has been working on transitioning into his new job.

McIntosh sat down with the *Town Crier* to talk about the hiring process and the goals he has set for himself as he begins this new school year.

When asked about his background, Superintendent McIntosh said, "This is my 22nd year in education, and I've only worked in regional vocational schools. I started out as a welding teacher for 12 years in Franklin County Technical School, then six years as a Construction Academy my Supervisor at Greater Lawrence Technical School, and most recently, as a Director of Career and Technical Education at Keith Regional Technical School."

The process of being hired, as McIntosh explained, was as follows: I applied around January 2022. There was the initial interview with the Search Committee and members of the faculty. I

was one of two finalists who had an open house, where we got to meet with administrators, toured the school, had a meet and greet with staff and a Q&A, and finally an interview with the full School Committee, which was open to the public and televised.

The feelings he experienced when being told he got the position were both if excitement and admiration for the speed of the process.

"On the night of the televised interview, I was in my car for 15 to 20 minutes when I got a text from my now-former co-worker, who was watching live. Minutes later, I got a call from Search Committee Head Patty Meuse offering (me) the position pending contract signing.

"I will say the process was quick. I've applied for similar positions across different districts and it took other schools around five to six months. While here it was about a month and a half for the whole process. It was gratifying, with these applications it's a lot of time and effort put into it. And I'm thrilled to be in this position. I've worked towards this for years and it's a culmination of hard work."

McIntosh explained what he's been working

on since his hiring.

"As soon as I signed contracts, I used vacation time from my previous position before the end of the school year to spend time with the outgoing superintendent.

Once school got out, I spent more time with him to get updates on the statuses on different initiatives, attending all school committee and subcommittee meetings, to get as much information as I could on the school and surrounding communities."

His goals for the year are as follows:

"I want to gather information and build relationships. The day to day operations will be tackled as they come, but my focus is on the community and school to find everyone's priorities.

"For me to make good decisions moving forward, I need to gather info and listen to people to see what they need."

McIntosh mentioned some of the challenges he anticipates as he begins his first year as superintendent.

"Getting to know local superintendents from the five surrounding communities. I'm not from this area, and they all have their own busy schedules, but I want to work towards getting to know them all."

He also explained what

he thinks is the most exciting and challenging aspects of the superintendent role.

"I think the most challenging and most exciting are connected. There's a wide variety of people I need to balance the needs of, such as students, staff, faculty, and parents.

Our role is to support businesses in the area, but also prep these students academically. I'm a point person for these things where everyone has their own views, and that is both exciting and challenging."

And finally, McIntosh talked about one thing he'd like the community to know as he begins his tenure.

"I'm a product of a technical high school, so I came full circle. I graduated from the school, went into the industry, came back, and went into the education field.

"I've been a lifelong advocate for technical high schools and a great role model for those coming through the school."

Tony McIntosh is congratulated on his hiring as superintendent, and the communities and families he serves are eagerly anticipating what he will do during his time at Shawsheen Tech.

Ways to return your dried up yard to a more lush color

By HEATHER BURNS
News Correspondent

With the rapid approach of the unofficial end of summer (Labor Day) many of us will plan to enjoy the last fleeting moments of the season enjoying the outdoors.

This is traditionally done on Labor Day weekend with a backyard barbecue. A relaxing time to kick off your shoes and feel the cool, soft grass between your toes while enjoying yard games, a dash through the sprinkler, and good food with friends and family.

As pleasant as a picture as this tradition may be, unfortunately, the long summer drought may put a damper on this year's pleasurable backyard activities.

At the moment, most of us have nothing but dried up, brown, crunchy grass in place of our lush, green lawn. Not exactly appealing for the barefoot and fancy free backyard cook-out we had planned, thanks to the months of severe drought experienced throughout the region.

Despite brown lawns and gardens across most of our area, all hope is not lost for greener pastures to return to our homesteads.

It is true, you may not be able to revitalize your backyard in time for a

Labor Day celebration, but you can start to reverse the damage of drought and enjoy the last few weeks of warm weather in a healthier backyard. At the very least, you can start to prepare for a healthy comeback for next spring.

Obviously, lack of water is the root of our brown grass problem, so naturally, watering is part of the solution.

When it comes to watering a drought-stressed lawn, it is more important to water deeply rather than frequently.

During the extreme heat of this summer, your lawn requires one to one and a half inches of water per week to be properly hydrated.

To replace this water loss, give your lawn a deep watering of an hour two to three times a week instead of 10 minutes every day.

Use strategically placed sprinklers and avoid watering during the hottest times of the day. Water in the early morning or at dusk to properly hydrate without water evaporation from the heat of the sun.

It is also a good idea to make sure your lawn is properly aerated. Aeration opens space for air, water and nutrients to reach the roots.

If your lawn is too compact, it makes it harder for moisture to reach the roots.

An easy way to check if your lawn needs aeration is to stab it with a knife or

screwdriver. If the knife does not go in smoothly, it may be a sign of an over-stressed lawn that would benefit from aeration.

The best way to aerate a large lawn is with an aerator machine. These can be purchased or rented at hardware and lawn care stores.

An aerator punches small holes in the soil and removes soil cores from the ground, creating more room for the absorption of moisture by the root system of the grass.

If you have a small area that needs aeration, this can also be achieved by hand with the use of a pitchfork.

Take care when mowing an overstressed lawn.

Be sure to keep mower blades sharp to allow for a clean cut. Dull blades can damage grass, making it more susceptible to disease.

Keep your lawn at a minimum of three inches tall to protect it from more heat stress. Never be tempted to cut grass too short in order to mow less frequently. Longer blades of grass hold more reserve water and grow deeper roots.

If your lawn is brown and crunchy, it most likely has gone dormant from being overstressed. Fertilizing a lawn in this state can actually make it worse, and possibly kill it.

Concentrate on properly hydrating your lawn first. Once grass has positively

responded to hydration, then you can apply a gentle fertilizer.

Different treatment applies to drought stressed plants for a healthy recovery.

Perennials, shrubs and trees that are stressed from drought conditions usually show damage with yellow or browning leaves and dieback of branches.

As tempting as it may be, avoid overwatering. Stressed plants are working extra hard to establish new roots, so keep soil moist, but do not over-soak. Water less deeply, but more often.

Do not fertilize plants when stressed. After proper hydration, you can use a time release fertilizer, but keep in mind, over fer-

tilizing can do more harm than no fertilizer at all. If you are unsure as to the condition of your plant's recovery, skip the fertilizer for now.

Adding mulch to plants can aid in their recovery, as mulch keeps roots cool and helps hold in moisture.

If your plants have suffered severe dieback, wait until the temperature is cooler, and cut back shrubs or perennials to about six inches from the ground. This will promote new growth for next spring.

Remember, while your plants are stressed, they are more susceptible to disease and pest damage. If a plant becomes affected or infested, pruning

may help, but it is best to remove the plant to prevent spread of disease or bugs.

While it is true that the unofficial end of summer is almost upon us, don't give up on your sun-dried lawn and garden just yet. With a little extra attention and preparation for next spring, your backyard will once again be green and lush. That is until an early snow comes, then it may be white-out conditions until Memorial Day.

(Reminder: be aware of any water restrictions in your community, such as water bans. Some communities offer voluntary water restrictions as an alternative to a full-on ban.)



As Labor Day approaches, the only sign of greenery in most backyards are patches of weeds sprinkled throughout a brown lawn.

(Heather Burns photo)

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- Rhonda A. resident daughter



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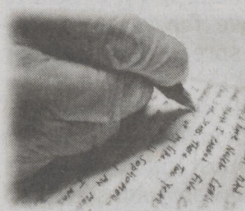


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OPINION



Letters to the editor

Wilmington's angel

To the editor,
On behalf of the entire Fitch family, I want to thank you, Margaret, and everyone at Nichols Funeral Home for the caring and professional way you handled the services and burial for our mother, Pauline.

Your personal touch is special, and your staff did

an exemplary job in working with us through this tough time. For that we are truly grateful and very appreciative of how much you and your staff care.

You have now been dubbed "Wilmington's Angel" in the Fitch household.

Gordon Fitch

Five students graduate from University of Rhode Island

KINGSTON, RI — The University of Rhode Island celebrated more than 4,000 of its newest alumni during the University's 136th Commencement. Close to 3,600 undergraduate degrees and more than 800 graduate degrees were conveyed to students during the ceremonies which took place May 20-22, 2022.

- Anna Pietropaolo of Wilmington
- Emma Elizabeth Ceres of Wilmington
- Elizabeth Anne Markworth of Tewksbury
- Stephanie Nicole Graf-feo of Tewksbury
- Karissa I Kakleas of Tewksbury

World renowned ocean explorer and professor of oceanography Robert Ballard, Ph.D. '75, Hon. '86, delivered the undergraduate commencement address from aboard his ship, the E/V Nautilus, while an honorary Doctor of Humane Letters degree was conferred upon Waterfire Founder and Executive Artistic

Director Barnaby M. Evans. To view ceremony highlights, visit: uri.edu/commencement/y2022.

About the University of Rhode Island

Founded in 1892, the University of Rhode Island is the principal public flagship research and graduate institution in Rhode Island. Competitive and highly regarded, its 14,300 undergraduate students and more than 2,700 graduate students represent 48 states and 76 countries across the globe.

With 203 academic programs, URI offers its undergraduate, graduate, and professional students distinctive educational opportunities designed to meet the global challenges of today's world and the rapidly evolving needs of tomorrow. At URI, you will find some of today's leading innovators, discoverers, and creative problem solvers.

To learn more, visit: uri.edu.

Marzi inducted in the Phi Beta Kappa Honor Society at College of the Holy Cross

WORCESTER — Samantha Marzi of Wilmington has been inducted into the Phi Beta Kappa Honor Society at College of the Holy Cross, the oldest and most prestigious national honor society of the liberal arts and sciences.

Marzi is one of 48 new Holy Cross inductees. Membership in Phi Beta Kappa is highly selective, and selection is based primarily on scholastic achievement and breadth of education.

The Holy Cross chapter of Phi Beta Kappa, Pi of Massachusetts, was established in 1974. Only qualified candidates within the top eight percent of the senior class and the top two percent of the junior class are invited to join Phi Beta Kappa.

Currently, the Holy Cross Chapter has approximately 60 resident members among the faculty, staff,

and students. In the past 46 years, a total of 2,062 members have been inducted into Phi Beta Kappa at Holy Cross.

Phi Beta Kappa is one of 19 honor societies on the College of the Holy Cross campus.

About Holy Cross

The College of the Holy Cross, in Worcester, is among the nation's leading liberal arts institutions. A highly selective, four-year, exclusively undergraduate college of 3,100 students, Holy Cross is renowned for offering a rigorous, personalized education in the Jesuit, Catholic tradition. Since its founding in 1843, Holy Cross has made a positive impact in society by graduating students who distinguish themselves as thoughtful leaders in business, professional and civic life.

Want your opinion heard?

We LOVE your letters!
Send Letters to the Editor to:

office@yourtowncrier.com.

All submissions must be accompanied by full name, address, and daytime contact information for verification purposes.

Letters must be e-mailed by noon on Monday in order for consideration the same week's edition.



▲ Angela Lansbury, Peter Boggy, and Madeline Kahn

(Courtesy photo)

Curtain up! Book Stew goes Broadway

For September's show, host Eileen MacDougall welcomes back author Peter Boggy to discuss his book "Broadway General Manager."

You'll learn the difference between a stage manager, a company ma-

nager, a house manager, and a general manager, those critical positions that are invisible to theatergoers but so essential to mounting a Broadway production.

You'll also see what happens when an actor books

his first starring role in a musical in London's West End.

Please check out the new Book Stew episode on WCTV on Tuesdays at 1 p.m., Wednesdays at 8 p.m., Friday at 7 p.m. and Saturdays at noon.

Also available on demand:

Video: <https://tinyurl.com/Book-Stew-ep-105-Sept-VOD>

Podcast: <https://tinyurl.com/BookStew-Ep105-soundcloud>

Tewksbury Hospital

FEMA awards nearly \$1.2M to state for hospital costs

BOSTON — The Federal Emergency Management Agency will be sending almost \$1.2 million to the Commonwealth of Massachusetts to reimburse the Massachusetts Department of Public Health for the additional costs of operating during the COVID-19 pandemic.

The \$1,169,077 Public Assistance grant will reimburse the department for steps taken to protect the public at multiple bureaus, including the Bureau of Infectious Disease and Laboratory Sci-

ences (BIDLS) in Jamaica Plain, and four public hospitals: Lemuel Shattuck Hospital in Jamaica Plain, Tewksbury Hospital, Pappas Rehabilitation Hospital for Children in Canton and Western Massachusetts Hospital in Westfield.

Between February and July 2020, the department contracted for additional medical staff; the recommissioning of hospital oxygen and vacuum services; disinfection services at the hospital facilities; telephonic interpretation services

for patient care; and mask fitting for healthcare workers.

"FEMA is pleased to be able to assist the Commonwealth of Massachusetts with these costs," said FEMA Region 1 Regional Administrator Lori Ehrlich. "Providing resources for our partners on the front lines of the pandemic fight is critical to their success, and our success as a nation."

FEMA's Public Assistance program is an essential source of funding for states and communities recovering from a

federally declared disaster or emergency.

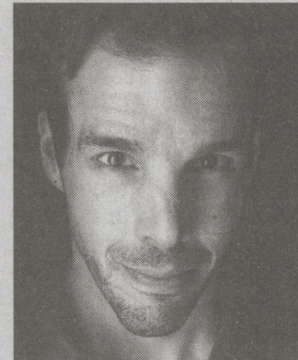
So far, FEMA has provided more than \$1.2 billion in Public Assistance grants to Massachusetts to reimburse the commonwealth for pandemic-related expenses.

Additional information about FEMA's Public Assistance program is available at <https://www.fema.gov/public-assistance-local-state-tribal-and-non-profit>. To learn more about the COVID-19 response in Massachusetts, please visit <https://www.fema.gov/disaster/4496>

Cirone writes and stars in The Good Deli

BOSTON — Tewksbury actor and playwright, Kevin Cirone, has written Moonbox Productions upcoming original play The Good Deli, and will star in one of the leading roles. The play opens at the Boston Center for the Arts Plaza Theatre on Sept. 15 and runs through Oct. 2. Tickets are \$35 and are available at www.bostontheatrescene.com or by calling 617-933-8600. Pay-What-You-Can tickets are available at the Box Office (Box Office fees may apply).

Directed by Allison Olivia Choat, The Good Deli centers on Julia, an up-and-coming Boston comedian whose career is building even as her life is falling apart. It's a night like any other until Julia's stepmom calls in a panic — her estranged father is on his deathbed. Julia rushes to his side, only to find him seeming-



▲ KEVIN CIRONE

(Courtesy photo)

ly the same wise-ass curmudgeon he always was — except now he's obsessed with the Italian deli the family visited when Julia was a child.

With moral support from an unlikely group of allies, including a former priest, an exotic dancer, and her nerdy brother, Max, Julia hits the road to find the mythical deli and give her father the sandwich of his dreams. It all seemed like a

great idea, but now her entire family is in tow, they're running out of caffeine, and they're hitting every red light from Maine to Boston, all while trying to reconnect to a deli — and a past — that may be lost forever.

The cast of The Good Deli includes Aimee Doherty* (Julia), Phil Thompson** (Wilford), H. Webb Tilney (Max), Janis Greim Hudson (Lila/Fortune), Kevin Cirone (Peter), and Catherine Lee Christie (Dana).

"Having just wrapped up our very first Boston

New Works Festival in June, it seems like the perfect kickoff to our season to be featuring a fully produced, brand new play by a local playwright as part of our Mainstage Season," said Producer, Sharman Altshuler. "This show has weathered not one, but two COVID-related cancellations, but this amazing team has endured it all, and are excited to finally bring this play to the stage. It will be well worth the wait."

To purchase tickets to The Good Deli go to www.bostontheatrescene.com.

Town Crier

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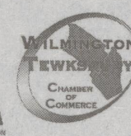
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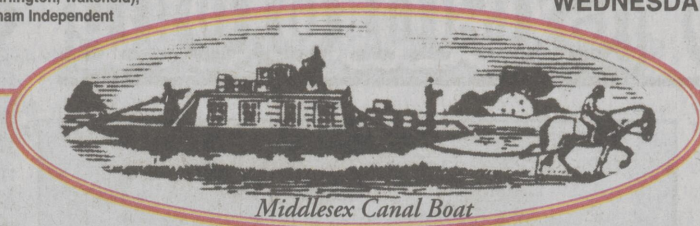
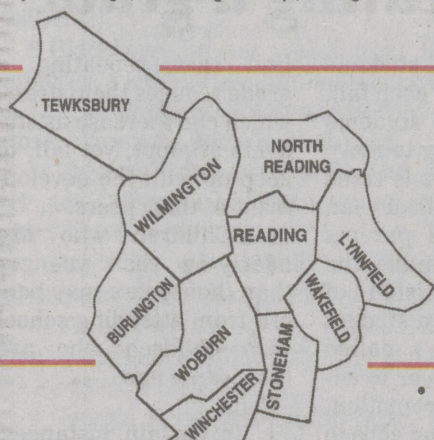
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WEDNESDAY/THURSDAY, AUGUST 31, SEPTEMBER 1, 2022 B-1



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Local News
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Local People

New Hurd Park highlights Woburn's blossoming conservation movement

By PAT BLAIS

Surrounded by small bedroom communities like Reading, Burlington, Winchester, and Stoneham, the City of Woburn has long been envied by abutters for its booming industrial and commercial tax base.

But the same business base that draw tens of thousands of workers into the community of about 40,000 residents has also been a subject of scorn by neighbors, who have often rallied against controversial projects within their borders by warning that their town would become "just like Woburn" if too much development is allowed.

Despite that label, few of Woburn's neighbors could seriously compete with the city's ambitious parks and green-space movement over the past decade.

Adding more than 100-acres of parkland and green spaces across the city during the tenure of Mayor Scott Galvin, the city has also opened a brand new bikeway, proposed the restoration of wetlands by preexisting conservation spaces in West Woburn, and unveiled plans for new splash and skateboard parks.

Since 2013, some of the city's accomplishments include:

- The purchase of the 75-acre Whispering Hill conservation space by the Burlington line, where a handful of new athletic fields opened in 2013;

- The acquisition in 2016 of some 23-acres of land, which is now open-space, at the former Shannon Farm site off of Lexington Street;

- The conversion of the old Clapp Elementary School that overlooks the city's Horn Pond conservation area into a new 2.9-acre park with a playground, basketball courts, a general athletic field, and splash park features;

- And the 2021 acquisition of 12-acres of land by the city's Shaker Glen Conservation Area, where a series of wetlands will be restored to create excess stormwater storage capacity in an area long prone to flooding.

This summer, Galvin and city officials continued to build on the city's amazing parkland momentum by firming up plans to officially convert the community's former Hurd Elementary School property off of Bedford Road to a new public park and conservation area.

Situated in West Woburn by the Burlington line, the old 11.6-acre school site was abandoned as an educational site by the School Committee in the winter of 2018, or a few months after a new \$35 million, three-story elementary school opened in Woburn's central square area.

Though the old Hurd School had been slated years earlier for recreational uses,

WOBURN TO B-2.



CLARK VISITS WOBURN IN MARCH OF 2022- Assistant Speaker of the U.S. House of Representatives Katherine Clark was in Woburn at the former Hurd Elementary School off Bedford Road to visit the site of one of 10 water infrastructure and water resiliency projects being funded in the 2022 federal budget. The Hurd Park Green Infrastructure Project is expected to receiving \$262,500 in federal funds. She was joined by (l-r) (l-r) State Rep. Richard Harggerty, Mayor Scott Galvin, City Council President Michael Concannon and Ward 3 Councilor Jeff Dillon and (not shown) Catherine Pedemonti, MyRWA's Environmental Resiliency Manager. (Photo by Joe Brown)

Came Polly," and it is as fine a premise as any to pair a standard straight man with a wild and crazy friend from his youth. In this case that friend is Huck (Wahlberg). We meet them celebrating Huck's 29th birthday. His wild activity that year is BASE jumping, which provides a lively and promising start for the film that then comes to a complete halt. "Me Time" cuts to 15 years later and spends far too much time establishing Sonny's home life instead of just getting him back with Huck as soon as possible.

As Huck, Wahlberg was clearly ready to go all out, including some nudity. He gets to be a high-rolling party fiend, which has its

MOVIE TO B-3

Movie Reviews & Box Office News

In 'Me Time,' Wahlberg and Hart make some trouble

By LINDSEY BAHR
AP Film Writer

There is a montage in "Me Time," the new Kevin Hart and Mark Wahlberg Netflix comedy, where Hart's character Sonny gets a day to himself for the first time in a long time. For years, he's devoted himself as a stay-at-home dad to his two kids (the very cute Che Tafari and Amentii Sledge). It's a job he takes very, very seriously, making Insta-

gram influencer-worthy lunches and managing the home while his wife Maya (Regina Hall) is working. She's a successful architect, we're told, but we'll get to that later.

Sonny has a modest vision for his day off: He wants to golf. He wants to find an underground barbecue spot. And he wants to do a few other things in private. But nothing goes the way he hoped it would. Unfortunately, his under-

whelming experience is similar to that of watching the film itself. "Me Time" somehow squanders a solid premise, a stacked cast and a seemingly unlimited budget. It didn't need to be anything great in this movie comedy drought we seem to be in. But considering who was involved, it really should be better than it is.

"Me Time" was written and directed by John Hamburg, who also did "I Love You, Man" and "Along



TIME OUT - Kevin Hart, left, and Mark Wahlberg in "Me Time" from Netflix Productions. (Saeed Adyani/Netflix via AP)

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MIDDLESEX EAST • 10 TOWNS

Back to School!!

Make a lunch kids will devour

Bacon makes everything better! Toss some on a sandwich for more flavor.

Children can be picky eaters, making it challenging for parents to find foods their kids will consume. Family dinners are challenging enough, but lunches kids will love can be even more difficult to come by.

Parents can prepare lunches kids are certain to devour by thinking outside of the traditional lunch box. Using some creativity and building off of kids' favorite foods is the key.

Make it miniature

Mini versions of kids' favorite foods can be entertaining and entice children to try things they normally wouldn't. If it's fun-sized, it can be swallowed in one bite. Think about mini sandwiches cut into fun shapes with a cookie cutter. Or use little condiment cups to hold chicken salad, soup or yogurt.

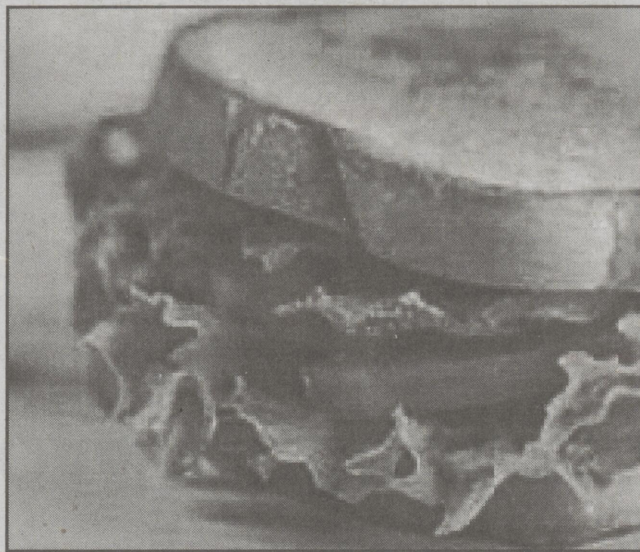
Offer variety

Give kids a bit of a buffet inside of their lunches. This way, if something isn't tickling their taste buds, they still have other healthy options at the ready. This technique also ensures that kids will not get hungry after skipping meals. Lunch buffets do not have to be complicated. Include half of a sandwich, a piece of fruit or an apple-sauce cup, some trail mix, and a granola bar. Look for complex carbohydrates and protein so that little bellies will feel full.

Go with what works

If a child really enjoyed the previous night's dinner, offer up a repeat for lunch the next day. Some schools have a microwave where hot foods can be reheated. If that's not available, invest in a thermos or a durable, insulated container that can keep the foods at a comfortable temperature. Lunchtime at school occurs not too far into the day, and it's feasible that food can still be warm if heated right before leaving the house.

Sneak in some nutrition



If kids are bound to eat the same thing over and over again, mix it up in subtle ways. Add a slice of tomato to a plain cheese sandwich and serve it on whole-wheat bread for added nutrition. Blend cauliflower into mac-and-cheese so it's barely noticeable. Add flavor to lunch meats with a piece of bacon. Bake up nutritious cereal bars on your own that pack a nutritious punch and could have pureed fruit as the base.

Breakfast for lunch

Most kids go ga-ga over breakfast foods. Use that to your advantage, sending them in with egg-bacon-cheese bagel sandwiches, or some cereal to which they can add milk bought from the cafeteria. Thin pancakes can be rolled and stuffed with fruit in a crêpe style that makes for a tempting treat.

Rely on school lunch

School lunches shouldn't be dismissed. When the pantry and refrigerator simply aren't offering up the right inspiration, let children try something provided by their schools. They may like the menu, and that will save you time and effort in the morning. Plus, many school lunches are designed to be nutritionally balanced.

Picky eaters frequently make meal creation challenging. However, with some ingenuity, kids' lunches can be enjoyed and savored.

The pros and cons of repeating a grade

The majority of students move up a grade each fall. However, some students may not be ready to move on to the next grade come the end of the school year.

Educators and parents often have to make the challenging decision of whether to have a student repeat a year - called grade retention - or to engage in social promotion. There are pros and cons to both sides of this debate, and oftentimes the decision comes down to parental preference, test scores and the recommendations of teachers and administrators regarding the best decision for each individual student.

Grade retention can be an emotionally charged issue, but having students repeat a grade is sometimes necessary. The following examination of the advantages and disadvantages of grade retention may help families make informed decisions and help them do what's best for the child.

Pros

1. If a student has missed a lot of school due to illness or a family situation, it may be in his or her best interest to repeat the grade and catch up on the lessons he or she missed.

2. Developmentally immature children might

find that repeating a grade reduces their stress, which can increase as students attempt, yet fail, to keep up with the development of their peers.

3. Children who are nearly a year younger than their peers may benefit from attending school with children who are their same age.

Cons

1. In certain instances, students who repeat a grade may be as many as two years older than their classmates. While academic readiness should weigh heavily as parents decide whether or not to have their child repeat a grade, parents should also consider the potential impact on their youngster's self-esteem if he or she is asked to repeat a grade and attend school with much younger classmates.

2. Students may feel embarrassed by grade retention, especially if other students tease or pity them.

3. Kids who do not agree with their parents on the issue may protest by engaging in behaviors that make it difficult for them to benefit from repeating a grade.

Grade retention and social promotion are serious topics for parents and educators to consider.

Woburn FROM B-1

city officials had been slow to introduce their vision for the property, which includes the old 28,000 square foot school house that dates back to 1957.

That lack of progress changed in May of 2021, when Galvin and City Councilor Jeffrey Dillon, whose ward includes the Bedford Road area property, unveiled plans to raze the one-story building and create a new park at the front of the site.

Meanwhile, the rear half of the property, which is bisected by Cummings Brook, would be slated as a conservation space featuring walking trails and boardwalks over a wetlands area that is bordered by a single-family

neighborhood on Sheridan Street.

"It's about what the neighborhood wants," said the mayor of the general proposal during a neighborhood tour of the property back in May of 2021.

Funding keeps on pouring in

Since that initial neighborhood gathering in May of 2021, the Hurd Park plans have gained considerable traction as both state and federal officials have poured at least \$600,000 in funding into the project.

During a ceremony at the old school grounds in March, US Congresswoman Katherine Clark, the assistant speaker of the U.S. House of Representatives, revealed she had secured roughly \$262,500 for the project,

which federal officials say will build the city's climate resiliency.

Besides removing blockages and improving the flow of water at Cummings Brook, the wetlands restoration is also expected to help surrounding neighborhoods "combat rising summer temperatures and rainfall intensity due to climate change."

"These investments are a direct response to the needs of our local community. We are improving our climate readiness through green infrastructure, investing in higher education for underserved youth, expanding accessibility for community health care services, and much more. These projects will undoubtedly improve the lives of residents in the Fifth District and the long-term welfare of our community. Democrats are listening to leaders on the ground, delivering results, and rebuilding a better America for everyone," said Clark of the federal earmark.

More recently, State Rep. Richard Haggerty (D-Woburn) and other state house legislators heralded the influx of some \$300,000 in additional money to help with the design and construction of the new park.

According to Haggerty, the funding was included as part of a \$4.2 billion economic development bill that utilizes federal COVID-19 bailout money, surplus revenues, and funding raised through new state bonds.

"This Bill ensures our Commonwealth remains focused on job creation, economic growth, and opportunity for its residents," said Haggerty in a prepared statement released in late June. "I was also pleased to direct resources towards the Hurd Park Project, which will offer beautiful open spaces for our residents and help address the flooding challenges in the area."

Also lending a helping hand with the design is the non-profit Mystic River Watershed Association, which received funding through the state's Municipal Vulnerability Preparedness (MVP) program to improve wetlands resource areas in Woburn, Lexington, and Reading.

Under a conceptual design for the Hurd Park site that was floated to city leaders, the series of boardwalks and walking trails would be constructed over the riverbed and by other wetlands for passive recreational uses. A nature playground, as well as an active recreational field area and an outdoor basketball court, would also be created by the Bedford Road side of the parcel where the old school was situated.

Initial plans further call for the construction of a garden and an outdoor pavilion where residents could gather.

According to the designer, the biggest impediment to developing the 11.6 acre parcel is the existence of Cummings Brook, which bisects the land.

The stream, which feeds a large swath of surrounding wetlands, crosses into the parcel on a lower portion of the undeveloped green-space closest to the Willow Street side by running roughly east and parallel to Bedford Road.

It then changes direction about halfway across the property and heads in a northerly direction towards Sheridan Street, where it then again switches course and flows easterly towards Winn Street.

Ultimately, because of the path of Cummings Brook and the wetlands it feeds, just 4.6 acres of land has been deemed by the architect as appropriate for development, and that area is limited to the space where the existing building is situated.

"Cummings Brook and other wetlands have a significant impact on how the site is laid out," said DiNisco. "It has a tremendous impact on the Hurd district and how people [will get to alternate sites]."

Located towards the Burlington line, the existing Hurd School property is surrounded by a residential neighborhood with few major thoroughfares that connect that portion of the city to the Wyman School area, which the designer indicated is another significant impediment to using the parcel.

Prescription drug abuse on the rise among children of all ages

Many children experiment with drugs. What many parents and caregivers may be surprised to discover are even stereotypically "good" kids may try drugs, and legal drugs are becoming just as popular as illegal ones among kids looking to experiment.

Statistics indicate that children of all ages are using drugs in increasing amounts. According to DrugFree.org, about 15 percent of 7th graders have experimented with marijuana and 50 percent of students have tried it by the end of high school. Alcohol use often begins around age 11. The Substance Abuse and Mental Health Services Administration says that prescription painkillers use has grown to 5 percent of users who enter treatment. In fact, prescription drug use is quickly becoming more popular among kids than other types of mood altering substances.

A time of growth, experimentation and a little more personal freedom, school-aged years are when many youngsters try drugs and alcohol. With the wealth of drug commercials on television, many kids who do not feel comfortable going the illegal drug route turn to prescription drugs they can easily find in their medicine cabinets. Students often mistakenly think that because a doctor prescribes a medication, it is safer than street drugs. This is not the case.

According to the Teen Drug Abuse Web site, 60 percent of teens said that drugs were sold, used or kept at their school. One in five teens has abused a prescription pain medication, prescription stimulant, or tranquilizer. And at least one in 10 teens reports using cough medicine in order to get high. Marijuana still remains the most popular drug of choice among students, but OTC and prescription drugs are gaining ground.

In lieu of "keg" parties and other booze-heavy social events, some students are now hosting "pharm" parties, where a bevy of pharmaceutical drugs are available. Students carry baggies of assorted pills referred to as "trail mix." And searching through medicine cabinets for staples like Vicodin, Xanax, Ambien and other pain/tranquilizer pills is called "pharming." OxyContin and Vicodin are now more popular among teens than cocaine and ecstasy.

The U.S. Office of National Drug Control Policy says that some pills are more commonly abused than others. These include:

- * opiates, such as codeine, oxycodone and morphine
- * central nervous system (CNS) depressants, such as barbiturates and benzodiazepines
- * stimulants such as dextroamphetamine and methylphenidate

While some children turn to drugs simply for the rush or high, others are self-medicating undiagnosed problems, such as ADD or depression. Prescription drug use can be very easy to mask from adults because many authority figures are focused on street drugs like marijuana or cocaine. Here are some pointers for recognizing the abuse of prescription drugs.

- * Check to see if pills routinely go missing from the medicine cabinet.
- * Pay attention to behavioral changes in students, including lethargy, aggression, sleeping changes, secrecy, etc.
- * Talk to other parents about prescription drug use.
- * Listen for lingo used among children as described above in relation to social events.

Parents can keep prescription drugs under lock and key to help prevent stealing and abuse of pills. They can also limit the number of OTC medications stored at home.

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• Real Estate Transfers •

BURLINGTON

60 7 Springs Ln #C was sold to Jansen, Michael and Jansen, Joyce by Pedulla, Denise E for \$1,031,000 on 08/12/22

9 Blackhorse Ln was sold to Goel, Rakesh by Harvey, Maurice J and Harvey, Barbara M for \$682,500 on 08/11/22

129 Cambridge St #5 was sold to Varela, Jacklyn by Santos, Maya S for \$562,000 on 08/11/22

11 Chestnut Rd was sold to Renaud, Joseph H and Harrington, Deborah L by Tillem, Lawrence and Ullman, Ellen for \$726,000 on 08/12/22

3 Daniel Dr was sold to Jain, Vishal and Mehrotra, Swarna by HCR Construction Inc for \$1,650,000 on 08/12/22

64 Francis Wyman Rd was sold to S J Peacock Builders Inc by Constance K Mcelwain RET and Mcelwain, Douglas G for \$510,000 on 08/10/22

9 Georgia Dr #9 was sold to Shah, Bhavin and Shah, Megha by Lynch, John H Harding-Lynch, Susanne for \$810,000 on 08/12/22

25 Mallard Way was sold to Lecce, Enrico by Simmons RT and Simmons, Linda M for \$690,000 on 08/09/22

9 Overlook Ave was sold to Chestna, Blake E and Norris, Caroline T by Russo, Michael and Florio, Jillian for \$560,000 on 08/11/22

15 Sears St was sold to Gandhi, Premal S and Gandhi, Reena S by Girolamo, Joseph and Wacksman, Rene K for \$1,405,000 on 08/08/22

63 Wilmington Rd was sold to Bakir, Ghaida and Bakir, Ahmed by SDD 2015 RET and David, Sheila D for \$815,000 on 08/11/22

2 Winnere Ave was sold to Ciobotaru, Bogdan by Lawrence M Panzeri RET and Panzeri, Lawrence M for \$800,000 on 08/09/22

LYNNFIELD

108 Locksley Rd was sold to Huang, Michael J and Ng, Chingching by Kong, York L and Lam, Suk H for \$1,480,000 on 08/08/22

176 Walnut St was sold to Fu, Xiaoqing and Lee, Yan Jiun by Matthews, Barbara and Matthews, David for \$1,190,000 on 08/09/22

NORTH READING

16 Flint St was sold to JJJ Monarch LLC by Beverly A Goodwin NT and Goodwin Jr, Dana A for \$700,000 on 08/11/22

21 Marblehead St was sold to Potter, Colin D and Decker, Elizabeth C by Judith P Morrison RET and Morrison, Judith P for \$500,000 on 08/12/22

203 North St was sold to Demedeiros, Reinaldo and Demedeiros, Rosiane A by Avjian Albert W Est and Johnson, Marlene for \$600,000 on 08/09/22

43 Nutter Rd was sold to Russo, Angela L by Clemens, Paul B and Clemens, Lynne A for \$811,000 on 08/10/22

READING

1 Leaning Elm Dr #1 was sold to Passacantilli, David A and Bissonette, Kristina K by Shontz-Stackpole, Debra for \$680,000 on 08/12/22

27 Lee St was sold to Forward, Dennis and Forward, Dacey by Vanbuskirk, Robert M and Webster, Meghan E for \$650,000 on 08/09/22

12 Milton Rd was sold to Turner, Patrick S and Campbell-Turner, Courtney by Shankland, Robert A and Shankland, Richele A for \$950,000 on 08/09/22

15 Terrace Park was sold to Glendale Realty LLC by Kwan, Anthony and Kwan, Sabrina S for \$800,000 on 08/11/22

10 Thorndike St was sold to Kaliara, Matthew B by Hansen Patricia A Est and Ryder, William T for \$630,000 on 08/11/22

87 West St was sold to Sacco, Jeffrey and Karis, Christinaby Davis, John K and Mooney, Virginia M for \$735,000 on 08/12/22

STONEHAM

77 Elm St was sold to Colleran-Oommen, Kathryn and Colleran-Oommen, Jobin by Longo, Paul F and Kilcline, Carolyn for \$590,000 on 08/10/22

306 Green St was sold to Cherkasova, Mariia and Reyes-Orta, Oscar E by Howard, David R and Howard, Nancy M for \$630,000 on 08/09/22

159 Main St #12A was sold to Alberino, Matthew J by Dooley Douglas W Est and Bailey, Matgaret for \$400,000 on 08/12/22

7 Melba Ln was sold to Garbino, Michael F and Spinosa, Danielle T by Nottebart, Anna for \$630,000 on 08/11/22

51 Pine St was sold to Zalinger, Lee D and Bestor, Wendy L by Falanga, Anthony D and Falanga, Michelle T for \$565,000 on 08/09/22

TEWKSBURY

1550 Andover St was sold to Kozik, Brian W and Kozik, Patricia A by Kacamburas, Kevin A and Kacamburas, Abigail G for \$618,000 on 08/12/22

222 Brown St was sold to Seamster, Kevin and Cullinane, Marykate M by Coleman, Edward and Coleman, Donna M for \$475,000 on 08/12/22

125 Charles Dr was sold to Donovan, Heather K and Donovan, Christopher M by Curtin, Paul R and Curtin, Barbara A for \$620,000 on 08/11/22

50 Fox Run Dr was sold to Kacamburas, Kevin A and Kacamburas, Abigail G by Reiss, Joseph H and Reiss, Donna M for \$905,000 on 08/12/22

51 Juniper Ln #51 was sold to Patel, Bilva by Kapadia, Maulik and Kapadia, Sonam for \$510,000 on 08/10/22

1535 Main St was sold to Rhino Fe Vlg Green LLC by 1535 Main Street LLC for \$18,750,000 on 08/10/22

1565 Main St #204 was sold to 1565 Main Floor 3 Tew LLC by Boston Eye Design LLC for \$53,000 on 08/10/22

10 Randolph Dr #10 was sold to Rego, Nicole by Tozowski, Mary A for \$325,000 on 08/10/22

45 Terramor Dr was sold to Nelson, Michael T and Nelson, Ashley P by AMG Development LLC for \$949,000 on 08/08/22

55 Terramor Dr was sold to Baglio, Thomas E and Baglio, Catherine T by AMG Development LLC for \$929,900 on 08/12/22

WAKEFIELD

117-119 Albion St was sold to Albion Flower Inc by GMB RT and Swansburg 3rd, Donald E for \$865,000 on 08/12/22

9 Hickory Hill Rd was sold to Obrien, Tracey and Simmonds, Judith F by Dotolo, Richard J and Dotolo, Joanna D for \$870,000 on 08/08/22

11 Humphrey St was sold to Surgan, Bethany M and Zablocki, John C by Rich, William J and Kremer, Julianna E for \$878,000 on 08/10/22

89 Montrose Ave was sold to Chhangawala, Sagar and

Chhangawala, Khushabu by Simmons, Andrew P and Simmons, Alyssa M for \$980,000 on 08/11/22

8 Myrtle Ave was sold to Rybo Inc by Burbine, Yvonne R for \$685,000 on 08/12/22

201 Nahant St was sold to Huynh, Lada L and Huynh, Denny by A Colantuonio IRT and Passaro, Angela for \$675,000 on 08/08/22

16 Penfield Cir was sold to Caldo, Eliza P and Caldo, Ryan S by Sanchez, Ana C and Brooks, George P for \$750,000 on 08/11/22

410 Salem St #808 was sold to Stratton, Nicholas V by Paone, Carol for \$281,817 on 08/10/22

WILMINGTON

7 Fairview Ave was sold to McCoy, Brett T and Hanson, Victoria J by Nicolo, Priscilla J for \$585,000 on 08/10/22

13 Kilmarnock St was sold to Barbosa, Carlos H and Barbosa, Cintia K by Breslin 3rd, William J and Breslin, Nancy J for \$790,000 on 08/12/22

9 Lawrence St was sold to Gizdov, Atanas by Madore, Angela B and Madore, Daniel R for \$710,000 on 08/08/22

3 Oak St was sold to Jason, Amanda by VC Detailed Prop LLC for \$755,000 on 08/12/22

27 Park St was sold to Kelly, Trevor W by Cornish, Joseph P and Cornish, Margaret M for \$384,000 on 08/12/22

WINCHESTER

58 Bacon St was sold to Tesluk, Paul E and Hurley, Megan M by Do, Jeffrey and Spillane, Alison for \$1,899,000 on 08/12/22

3 Bigelow Ave was sold to Mindy Margulies RET and Margulies, Mindy by Rainey, Sarah V and Rainey, Michael E for \$1,800,000 on 08/11/22

15 Dix St #7 was sold to Perozek, Elizabeth by Beat NY NT and Price, Allison R for \$1,750,000 on 08/11/22

120 Forest St was sold to Mccullough, Danielle J and Prouty, Nathaniel W by Jimenez, Laura M and Dietiker, Leslie C for \$1,372,000 on 08/11/22

1 Marshall Rd was sold to RVJ RT and Asaro, Frank by Larson Jane D Est and Hall, Patrick C for \$1,150,000 on 08/12/22

200 Swanton St #709 was sold to Lee, James by Forester, Amanda P for \$349,900 on 08/08/22

WOBURN

142 Arlington Rd was sold to Mccann, Christopher R and Mccann, Leah by Skafas, Paul G for \$1,065,000 on 08/10/22

74 Bedford Rd #74 was sold to Hopkins FT and Hopkins, Joseph D by Hartzell C W Est and Hartzell, Kenneth W for \$825,000 on 08/12/22

12 Chase St was sold to Campbell, Robert and Campbell, Kate by Keough, Paul L and Keough, Lisa M for \$900,000 on 08/09/22

6 High St was sold to Lofts At 307 Main LLC by Ryeknot Prop Woburn LLC for \$3,222,500 on 08/12/22

24 Lexington St was sold to Robinson, Andrew and Robinson, Catherine P by 24 Lexington Street LLC for \$935,000 on 08/08/22

307 Main St was sold to Lofts At 307 Main LLC by Ryeknot Prop Woburn LLC for \$3,222,500 on 08/12/22

4 Tennessee St was sold to Roland, Ray R and Roland, Vanessa V by WerneckSerpa, Jael for \$830,000 on 08/10/22

Movie FROM B-1

moments even though his character never really makes much sense. Hart, meanwhile, stays in his comfort zone as a slightly frazzled family man. It's something he's very good at, but also something we've seen many times before. Still, it's nice to see both try a different comedy partner out instead of their go-to co-stars. And though the two actors seem to be having fun together, the film never really finds its lane, frenetically jumping from half-baked bit to bit, too many of which involve someone sticking some-

thing down their pants.

There's always a bit of fantasy involved when it comes to the financial realities of characters in big Hollywood comedies. It is often used to signal a middle to upper middle-class life that is comfortable without being flashy. It is relatable and slightly aspirational and something that is just supposed to be background. Perhaps it's just a sign of the times, when so many are struggling and housing in big cities like Los Angeles is more expensive than ever, but in "Me Time," the wealth on display is downright distracting.

Huck's costly lifestyle and elaborate Kardashian-like parties turn into a bit of a plot point when a loan shark (Jimmy O. Yang) comes after him for \$47,000 — which seems like a lot but also not enough for someone who shells out thousands of dollars to have a personal raw bar in the desert and a tour bus wrapped with pictures of himself.

And then there's the perplexing question of why Maya, who her billionaire client (Luis Gerardo Méndez) says is "the best architect in the world," lives in a cookie cutter Sherman Oaks home that looks like it's been lifted out of a 1990s sitcom. Maya is

just one of the very underwritten characters at play here, and Hall definitely deserved better.

These are all quibbles that would be beside the point if this movie was consistently fun or funny, which is frustrating because you can see the possibilities here. "Me Time" just missed the mark.

"Me Time," a Netflix release streaming Friday, is rated R by the Motion Picture Association for "brief drug use, some sexual material, language."

Running time: 104 minutes. One and a half stars out of four.

HomeNewsHere RECIPE

SLOW-COOKER PULLED PORK



STEPS

1. In small bowl, stir together paprika, salt, garlic powder and brown sugar.

2. Spray 5- to 6-quart slow cooker with cooking spray. Rub paprika mixture on pork to cover completely. Place pork in slow cooker. Pour water around pork.

3. Cover; cook on Low heat setting 7 to 8 hours or High heat setting 3 to 4 hours, until extremely tender.

4. Transfer pork to cutting board. Let rest until cool enough to handle. Use 2 forks to shred pork.

5. Discard liquid in slow cooker. Wipe out slow cooker. Spray slow cooker with cooking spray. Return shredded pork to slow



cooker; stir in barbecue sauce until well mixed. Cover; cook on High heat setting 10 to 15 minutes or until hot.

EXPERT TIPS

- Pulled pork is exactly what a slow-cooker is meant to be used for—to slowly braise food, in a steamy environment until exceedingly tender. Larger, tougher cuts of meat are particularly excellent cooked this way.

- Serve alongside garlicky mashed potatoes, wrap up in tortillas with taco garnishes, or go the sandwich route: pile it up on a crusty,

Ingredients

- 1 tablespoon paprika
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon packed brown sugar
- 1 boneless pork shoulder roast (2 1/2 to 3 lb)
- 1/4 cup water
- 1 cup barbecue sauce

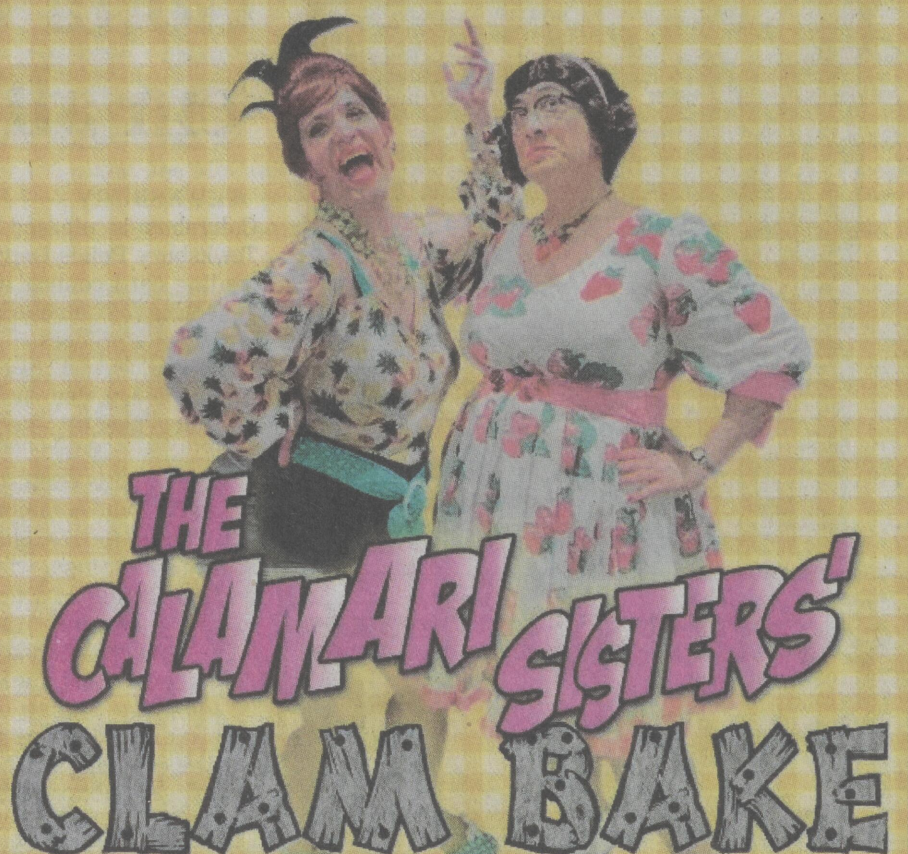
toasted bun with a generous spoonful of coleslaw on top.

- For a spicier pulled pork, stir 1 teaspoon finely chopped chipotle chiles into the barbecue sauce before mixing with the pork.

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Wednesday, Sept. 21, 7:30pm
Thursday, Sept. 22, 2pm & 7:30pm
Friday, Sept. 23, 8pm
Saturday, Sept. 24 2pm & 8pm
Sunday, Sept. 25, 2pm



Wilmington Police Log

Two Chelsea residents arrested for variety of infractions including OUI drugs and intimidation

Friday, August 19:

9:05 a.m.: A caller driving on Route 125 Highway and I-93 Northbound Ramp 35 reported that they heard gunshots in the area. State police investigated, but found no other reports or confirmation.

9:29 a.m.: Brian Phillip Heck of 95 Wildcrest Ave. in Billerica was issued a summons for Speeding in Violation of Special Regulation and Operation of a Motor Vehicle with a Suspended License. This followed a tow of the party's blue 2015 Honda Civic on Lake Street.

5:11 p.m.: Vinicius Dos Santos Souza of 102 Waverly St. in Framingham was issued a summons for Unlicensed Operation of a Motor Vehicle. This followed a motor vehicle collision between the party's white 2003 GMC Savana and a gray 2016 Ford Flex on Concord Street and I-93 Northbound Ramp 33.

Saturday, August 20:

1:05 p.m.: Romson Youen of 111 Agawan St. in Low-

ell was issued a summons for Abandoning a Motor Vehicle. The red 2005 Honda Element was abandoned by the party, an employee of the company who owned the vehicle, in the parking lot of Classic Soft Trim of Boston on Industrial Way.

6 p.m.: Mauricio Aguilar Dias de Olive of 5 Lawrence St., Apartment #10 in Everett was issued a summons for Unlicensed Operation of a Motor Vehicle, No or Expired Inspection/Sticker, and Motor Vehicle Lights Violation. This followed a stop and tow of the gray 2005 Toyota Corolla on Lowell St. and I-93 Southbound Ramp 31.

9:48 p.m.: Mackenzie William Bruinsma, a homeless person, was issued a summons for Operation of a Motor Vehicle with a Suspended License, Marked Lanes Violation, Failure to Stop/Yield. The party's silver 2010 Nissan Altima was stopped and towed from the MBTA Station on Main Street.

Sunday, August 21:

12:57 a.m.: Luis Ale Cruz of 54 Gates St., Apartment #2 in Lowell was arrested for OUI - Liquor and Negligent Operation of a Motor Vehicle, while William R. Scholl of 99 Nichols Way was arrested for OUI - Liquor. This followed a motor vehicle collision between a red 2016 Honda Accord and a black 2019 Chevy Silverado on Nichols Street. Both parties were bailed.

4:55 p.m.: A caller on Richmond Street reported that a group of about five male juveniles left the area near a bridge, after which smoke started to rise from underneath it. The fire department responded as Keolis advised caution due to an approaching train. Police checked the surrounding areas, but were unable to locate any parties.

5:51 p.m.: A caller on Main Street reported that about three juveniles on bikes were trying to jump him and his friends before riding away towards Rocco's. Police checked the area, but were unable to find anyone matching the

caller's descriptions.

Monday, August 22:

6:28 a.m.: Sean Patrick McDermottroe of 0 Christin Way in Woburn was issued a summons for Failure to Stop/Yield and Operation of a Motor Vehicle with a Suspended License. This followed a stop of the party's white 2002 JT M7500 on Woburn St. and Route 62 Highway.

7:34 a.m.: Victoire Kende Fataki of 32 Wamesit St., Apartment #1 in Lowell was issued a summons for Assault with a Dangerous Weapon, Negligent Operation of a Motor Vehicle, Marked Lanes Violation, Speeding in Excess of Special Regulation, and License Not in Possession. This followed a report of an erratic operator in a green 2011 Toyota Highlander on Main Street.

4:43 p.m.: A motor vehicle collision took place at McDonald's on Main Street between a black 2008 Honda Accord, red 2009 Cadillac CTS, and a blue 2007 Nissan Altima. Airbags were deployed

and the Honda and Nissan were towed.

Tuesday, August 23:

1:15 p.m.: Security at Analog Devices on Woburn Street reported that a gray 2020 Lincoln Corsair struck a window on their property the previous day.

4:25 p.m.: A caller on Main Street reported that a white 2020 Ford Ranger truck was parked in the drive-thru of the old Rite Aid and that other vehicles parked in the lot and went up to the truck throughout the day. The caller suspected drug activity and when they got close, the truck drove away. Police followed up, finding that the truck was merely parked so the driver could eat lunch and that they left to respond to a complaint.

7:26 p.m.: A caller on Concord Street reported that the nearby train gates were up and the lights were flashing, but that no train seemed to be coming. Keolis was contacted and reported that two trains were scheduled to go through, sending someone to assist on scene. No issues followed.

Wednesday, August 24:

10:16 a.m.: Monique R. O'Connor of 325 Commandants Way, Apartment

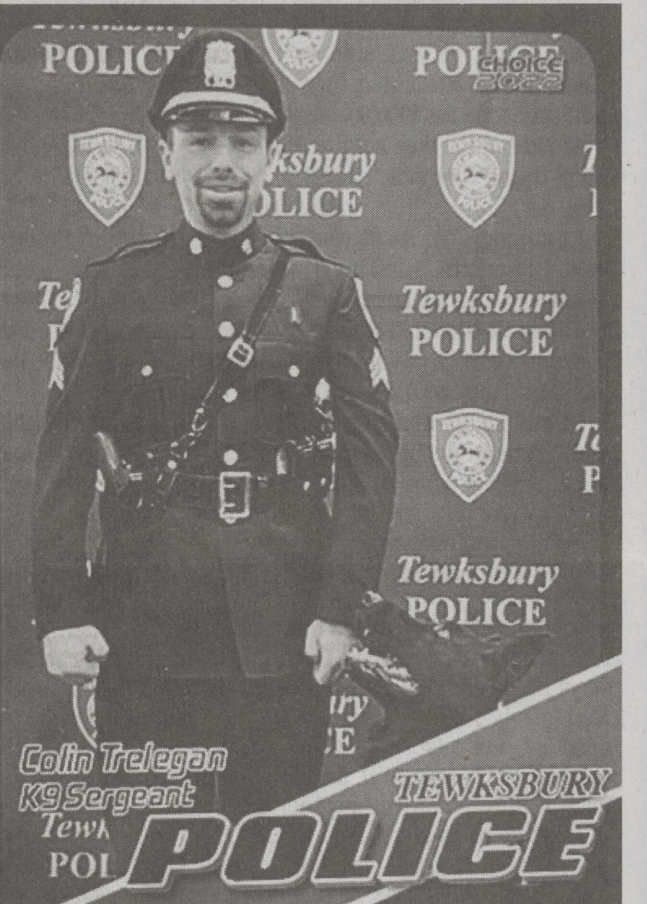
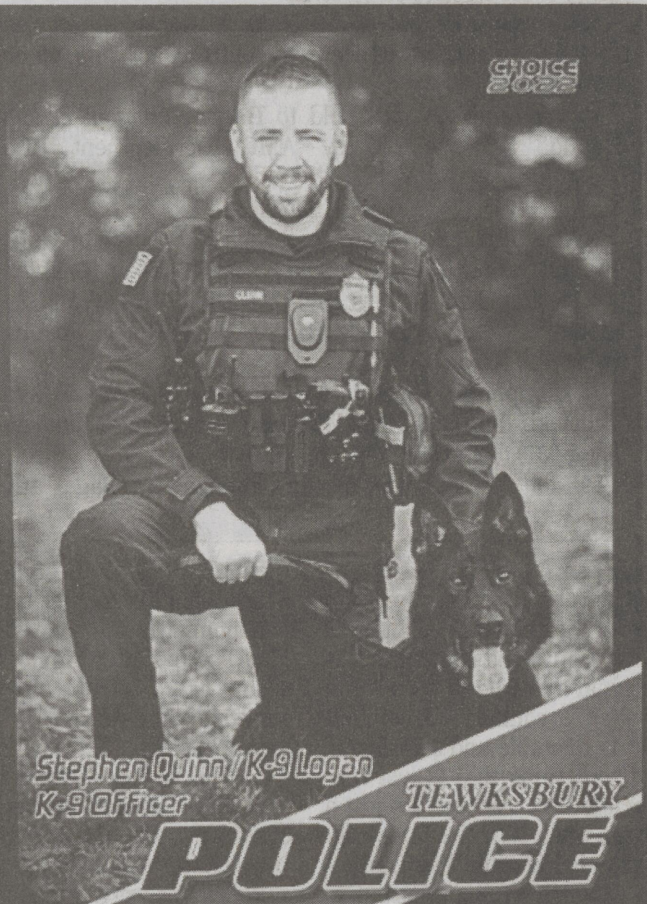
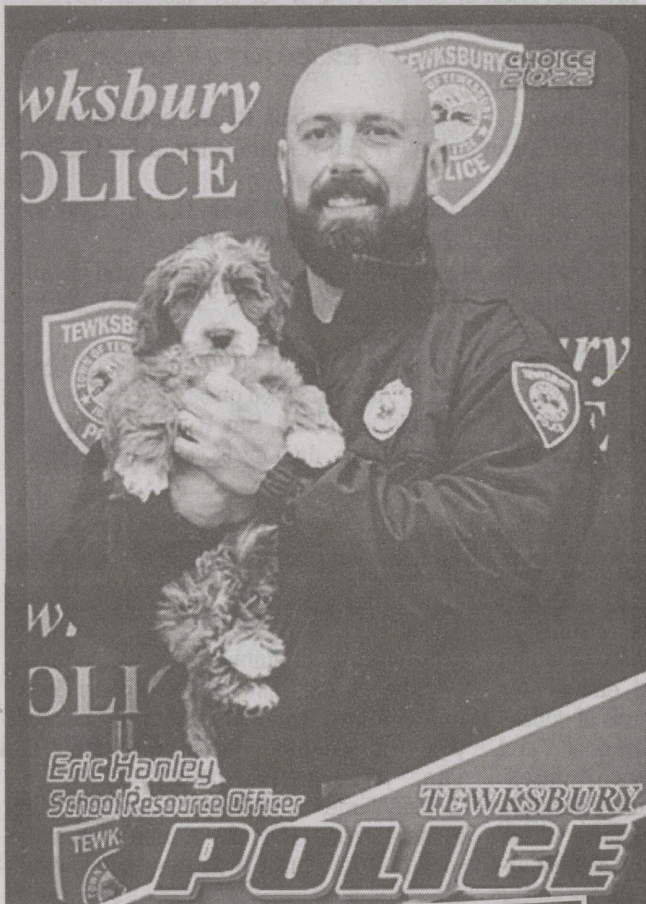
#116 in Chelsea was arrested for OUI - Drugs, Failure to Stop for Police, Negligent Operation of a Motor Vehicle, Intimidation of Witnesses/Jurors/Police/Court Official, and Resisting Arrest. Ronald A. Seaburg of 765 Broadway, Apartment #5 in Chelsea was also arrested for Warrant All Others, and Intimidation of Witnesses/Jurors/Police/Court Official. This followed a stop of a black 2012 Infiniti G37X on Lowell Street.

5:50 p.m.: An injured hawk was reported in the travel lane of High Street. Residents were able to move the animal off to the sidewalk, where it seemed to improve in condition. Tufts Animal Hospital promised to take in the hawk if it was brought down.

Thursday, August 25:

6:27 p.m.: Police attempted to collect firearms from a party on Elizabeth Drive. These and ammunition were taken from the residence and a letter was left before returning to the station.

11:09 p.m.: A party was issued a summons for Uninsured Motor Vehicle and Operation of a Motor Vehicle with a Revoked License. This followed a stop and tow of the party's gray 2019 Toyota Tacoma on Woburn Street.



▲ Three of the Tewksbury Police Department trading cards being offered to Tewksbury youth as part of a contest to see who can collect all 15 cards by meeting or writing to members of the department. There will be prizes for those who succeed.
(photos courtesy Tewksbury Police Department)

◀ Chief Ryan Columbus' trading card.

TPD trading cards

Gotta collect 'em all

TEWKSBURY — Police Chief Ryan Columbus is pleased to report that the Tewksbury Police Department is holding a trading card contest with prizes for those collecting all 15 cards featuring the department's officers.

The goal is to help children in the community learn that Tewksbury Police officers are friendly, helpful and approachable.

"We hope this contest will be fun for both the kids in our community and for our officers," said Chief Columbus. "Our goal is that both groups will get to know one another better, and that officers are here to be a resource for the community."

The contest is open to Tewksbury residents age 17 and younger. They may stop by the police station to pickup a checklist and trading card sleeves, or they can print out the checklist on their own.

Cards are obtained by approaching participating police officers, or by writing letters to individual officers and delivering them to the police station. The department's social media accounts also provide hints about where participants can find different officers.

Kids who collect all 15 distinct trading cards can come to the police station to select a prize from a box set up for the contest. Each child who completes the collection also will have their name entered into a drawing for a grand prize on Sept. 30. Children may continue to collect cards after that date for a chance to select a prize from the prize box.

Participants are encouraged to read the contest rules, which are designed to ensure the contest will not interrupt officers as they perform certain duties.

**2022
Police Officer
Trading Card Contest**

CHECK THE BOXES OF THE CARDS
YOU'VE COLLECTED.

- ☐ CHIEF COLUMBUS
- ☐ DEPUTY CHIEF VOTO
- ☐ LT. WILLIAMS
- ☐ LT. COLUMBUS
- ☐ SGT. NEWCOMB
- ☐ SGT. TRELEGAN WITH K9 LEO
- ☐ OFC. QUINN WITH K9 LOGAN
- ☐ SRO HANLEY WITH OFFICER WAFFLES
- ☐ OFC. ADAMS
- ☐ OFC. BARBERA
- ☐ OFC. CAPUANO
- ☐ OFC. KELLEHER
- ☐ OFC. MCMAHON
- ☐ OFC. GORDON
- ☐ OFC. STRONG

Enter by
September
30th to be
included
in grand prize.

▲ A checklist of the 15 available trading cards that children must collect to select a prize from the prize box at the police station.

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Wilmington and Shawsheen Tech High School Athletic Schedules inside

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Wilmington SPORTS

WEDNESDAY, AUGUST 31, 2022

It's time to flip out - Pop Warner season is here!



Last Thursday night, the Glen Road Football Fields were packed with Wilmington Pop Warner football players and cheerleaders, including Hailey Reguera doing a back hand spring, while getting support from Deb Smith, the former longtime cheerleading coach and director, as well as League President.

Valente keeping things rolling as Cheer Director

By JAMIE POTE
Sports Editor

jamiepote@hotmail.com
WILMINGTON - For the past 25 years, the Wilmington Pop Warner Cheerleading programs has been one of the top ranked programs in the entire country. Year after year, teams from Wilmington place high at the National competitions held in Florida, including several champions.

Back in 2001, Krystle Valente was a member of the 'A' team which placed fourth at the National Meet. Now 21 years later, she's in her third season as the program's Cheerleading Director, and like her competition days, she's enjoying every single second in this role.

"I love it, just love it," she said, while taking a moment out of last Thursday's practice to chat with the Crier.

While no one could possibly have wiped the smile off of her face when she said that, she did later explain that this year has been harder than the previous two years in terms of finding qualified cheerleading coaches.

VALENTE B8W

Numbers are up, excitement is in the air

By JAMIE POTE
Sports Editor

jamiepote@hotmail.com
WILMINGTON - During the last few years, whenever you took a trip to the Glen Road Football Fields during the months of September and October, it looked like 'A Ghost Town' with minimal numbers of youth football players and cheerleaders.

Last Thursday night, that wasn't the case. The fields were packed with players, cheerleaders and coaches, while later on in the evening, the high school players and coaches came down to meet-and-greet the youngsters, while League President Joe McCauley fed everyone with 60 large sized pizzas.

Across the state and the country, youth football has taken a major hit with the decrease of numbers, but here in Wilmington, the numbers have doubled this year compared to last. Some of that is due to the additions of players from surrounding towns, but also due to the fact that last year's 'D Team' went to the championship game, and every year different cheerleading teams excel at the local, state, regional and national competitions.

"In May, I didn't think we were going to have a program," said McCauley. "I was nervous and I sat with the Board (of Directors) and I said 'come June if we don't have the numbers to field three teams, and we'll push registration as long as we can, but if I can't field teams, then I can't field teams'. All of a sudden in June and July, we started blowing up registration (and it's continued). I had four kids register for the U10 team four days ago."

In total, last Thursday night's practice featured

the Middle School team, the U11 team as well as the U10 and U8 teams. In addition to that, are just under 100 cheerleaders, with half of them as part of the Flag Football Division and the other half who are split up into two different teams.

"We have 22 kids on the (U8) (football) team and I haven't had that in five years," said McCauley. "Usually it's 15 or 16 and by the time the season ends, I'm not even sure that we have eleven. It's to see these increased numbers. Our U10 team is mostly nine year-olds and they have three ten-year-olds, so it's a good group so next year those nine-year-olds will be ten again and back on the team so they should be even bigger and stronger and have that year of experience under them. As they get older, that same group will grow. Every year I hope to bring in new kids to that age group so the program continues to grow."

"We've been through some years where the middle school team was huge and now we'll go through some years where those numbers will be lower. As the kids get older, we're hoping to replenish those numbers as much as we can. It's good to see this field busy again."

"We also have fifty cheerleaders, which is a great number. We have the little ones who are the flag (football cheerleaders) and they are four, five and six year-olds. The activity down here is good. We have two Pop Warner cheerleading teams and then the Flag Football cheerleading team. The two teams will cheer at the home games and they'll cheer for all of our teams."

McCauley will once

FOOTBALL B8W



Above, Wilmington Pop Warner President Joe McCauley, while the members of the WHS team look on, speaks to the youth football players before he hands out some pizza, and below, Jake Griylik tosses the ball to quarterback Mark Holleran during the middle school team's practice, which all happened last Thursday night at the Glen Road Fields.



Wilmington High School Fall Varsity Sports Schedules

Wilmington Football

Day	Date	Opponent	Time
Sat	9/10	vs AC at Med HS	11:00
Fri	9/16	vs Gr. Lowell	6:00
Fri	9/23	at Billerica	7:00
Thurs	9/29	at Melrose	7:00
Fri	10/7	vs Watertown	6:30
Fri	10/14	at Burlington	6:00
Fri	10/21	vs Stoneham	6:00
Fri	10/28	at Wakefield	6:00
MIAA Playoffs, 3 weeks, TBA			
Thurs	11/24	at Tewksbury	10:00

Wilmington Field Hockey

Day	Date	Opponent	Time
Wed	9/7	vs Tewksbury	4:00
Thurs	9/8	at Reading	4:15
Tues	9/13	at Winchester	4:15
Thurs	9/15	at Arlington	6:30
Fri	9/16	at North Andover	4:00
Mon	9/19	vs Wakefield	4:00
Wed	9/21	at Stoneham	4:00
Fri	9/23	at Watertown	4:15
Wed	9/28	vs Melrose	4:00
Fri	9/30	vs Burlington	6:00
Mon	10/3	vs Lexington	4:00
Thurs	10/6	at Woburn	4:00
Mon	10/10	vs Belmont	1:00
Wed	10/12	at Wakefield	4:00
Fri	10/14	vs Stoneham	6:00
Tues	10/18	vs Watertown	4:00
Thurs	10/20	at Melrose	4:00
Mon	10/24	at Burlington	4:00

Wilmington Girls Soccer

Day	Date	Opponent	Time
Wed	9/7	at Reading	4:15
Mon	9/12	vs Winchester	4:15
Wed	9/14	at Arlington	6:30
Fri	9/16	vs Wakefield (S)	4:15
Tues	9/20	at Stoneham	5:00
Thurs	9/22	at Watertown	4:15
Tues	9/27	vs Melrose	6:00
Thurs	9/29	vs Burlington	6:00
Mon	10/3	vs Lexington	7:00
Fri	10/7	at Woburn	4:15
Mon	10/10	vs Belmont	10:00
Thurs	10/13	at Wakefield	6:00
Sat	10/15	vs Stoneham	7:00
Wed	10/19	vs Watertown	6:00
Fri	10/21	at Tewksbury	7:00
Mon	10/24	at Melrose	4:15
Wed	10/26	at Burlington	4:15
Fri	10/28	vs Swampscott	6:00

S - Shawsheen School

Wilmington Boys/Girls Cross-Country

Day	Date	Opponent	Time
Tues	9/20	at Reading	4:00
Tues	9/27	at Watertown	4:30
Thurs	10/6	vs Stoneham	4:00
Wed	10/12	at Burlington	4:00
Tues	10/18	vs Melrose	4:00
Tues	10/25	vs Wakefield	4:00

Wilmington Volleyball

Day	Date	Opponent	Time
Tues	9/6	vs Arl Catholic	5:30
Thurs	9/8	at Reading	5:15
Mon	9/12	vs Winchester	5:15
Wed	9/14	at Arlington	6:30
Fri	9/16	vs Wakefield	5:15
Tues	9/20	at Stoneham	6:00
Thurs	9/22	at Watertown	5:30
Tues	9/27	at Medford	5:30
Thurs	9/29	vs Melrose	5:30
Thurs	10/6	vs Ipswich	6:00
Fri	10/7	vs Burlington	5:15
Tues	10/11	vs Lexington	6:00
Thurs	10/13	at Woburn	5:30
Mon	10/17	vs Belmont	5:15
Wed	10/19	at Wakefield	6:30
Fri	10/21	vs Stoneham	5:15
Sat	10/22	vs Lynn Classical	12:00
Mon	10/24	vs Watertown	5:15
Wed	10/26	at Melrose	5:30
Fri	10/28	at Burlington	5:30

Wilmington Boys Soccer

Day	Date	Opponent	Time
Wed	9/7	vs Reading (N)	4:15
Mon	9/12	at Winchester	4:15
Wed	9/14	vs Arlington (N)	4:15
Fri	9/16	at Wakefield	4:15
Tues	9/20	at Stoneham	7:00
Thurs	9/22	vs Watertown	6:00
Tues	9/27	at Melrose	6:00
Thurs	9/29	at Burlington	4:15
Mon	10/3	at Lexington	4:15
Fri	10/7	vs Woburn (N)	4:15
Mon	10/10	at Belmont	10:00
Wed	10/12	vs Wakefield	6:00
Sat	10/15	vs Stoneham	5:15
Wed	10/19	at Watertown	4:15
Fri	10/21	vs Tewksbury (N)	4:00
Mon	10/24	vs Melrose	4:15
Wed	10/26	vs Burlington	6:00
Sat	10/29	vs Billerica	10:00

N - North Intermediate

Wilmington Golf

Day	Date	Opponent	Time
Thurs	9/1	at Melrose	4:00
Tues	9/6	vs Winchester	3:30
Thurs	9/8	at Reading	3:30
Fri	9/9	at Burlington	3:30
Mon	9/12	vs Belmont	3:30
Tues	9/13	vs Wakefield	3:30
Thurs	9/15	at Watertown	3:30
Mon	9/19	vs Arlington	3:30
Tues	9/20	vs Woburn	3:30
Wed	9/21	vs Lexington	3:30
Thurs	9/22	at Stoneham	3:45 pm
Thurs	9/29	ML Championships	TBA

Home Matches at Hillview Country Club

Shawsheen Tech Varsity Schedules

Shawsheen Tech Football

Day	Date	Opponent	Time
Sat	9/10	vs Bedford	1:30
Fri	9/16	vs Triton	7:00
Fri	9/23	at Essex Tech	7:00
Fri	9/30	at Gr. Lawrence	7:00
Fri	10/7	vs Gr. Lowell	7:00
Fri	10/14	vs Manchester	6:00
Fri	10/21	at Northeast	7:00
Fri	10/28	vs Whittier Tech	7:00
MIAA Playoffs, 3 weeks, TBA			
Thurs	11/25	vs Arlington Cath	10:15 am

Shawsheen Volleyball

Day	Date	Opponent	Time
Wed	9/7	vs Gr. Lowell	5:30
Tues	9/13	vs Lynn Tech	5:30
Fri	9/16	at Mystic Valley	5:30
Wed	9/21	vs Lowell Catholic	5:30
Fri	9/23	at Whittier Tech	5:30
Wed	9/28	at Essex Tech	5:30
Fri	9/30	at Gr. Lawrence	5:30
Wed	10/5	at Gr. Lowell	5:30
Fri	10/7	vs Mystic Valley	5:30
Wed	10/12	at Lynn Tech	5:30
Fri	10/14	at Lowell Catholic	5:30
Mon	10/17	vs Essex Tech	5:30
Wed	10/19	vs Whittier Tech	5:30
Fri	10/21	at Gr. Lawrence	5:30
Wed	10/26	at Chelmsford	5:30

Shawsheen Boys Soccer

Day	Date	Opponent	Time
Tues	9/6	at Gr. Lowell	4:00
Thurs	9/8	vs Lynn Tech	4:00
Tues	9/13	vs Essex Tech	4:00
Thurs	9/15	at Northeast	4:00
Tues	9/20	at Mystic Valley	4:15
Thurs	9/22	vs Gr. Lawrence	4:00
Tues	9/27	at Dracut	6:30
Thurs	9/29	at Lowell Catholic	4:00
Tues	10/4	at Lynn Tech	7:15
Sat	10/8	vs Gr. Lowell	10:00
Tues	10/11	vs Whittier Tech	4:00
Thurs	10/13	vs Mystic Valley	4:00
Fri	10/14	at Whittier Tech	4:00
Tues	10/18	at Essex Tech	4:00
Thurs	10/20	vs Northeast	4:00
Mon	10/24	vs Lowell Catholic	6:30

Shawsheen Cross-Country

Day	Date	Opponent	Time
Wed	9/7	at Whittier Tech	4:00
Wed	9/14	vs Lowell Catholic	4:00
Wed	9/28	vs Gr. Lawrence	4:00
Wed	10/5	at Gr. Lowell	4:00
Wed	10/12	vs Essex Tech	4:00
Wed	10/19	vs Northeast	4:00

*Girls Soccer and Golf were not completed by press time.

Notre Dame, Wingate, stay red-hot with two more wins

ST. LOUIS. - The Notre Dame women's soccer team (3-0) remains unbeaten in 2022 with a big 2-0 road victory over No. 19 Saint Louis (2-1) on Thursday night.

After waiting out a two-hour lightning delay, the Fighting Irish tallied two goals in the second half to pick up their first-ranked victory of the year in a venue that's tough to earn a W. In fact, SLU was 52-5-6 (.873) in its last 63 games at Hermann Stadium entering tonight's contest.

Sophomore Korbin Albert continued to prove she's one of the best in the country with a superb free-kick goal from distance that proved as the game-winner. Fellow sophomore Sophia Fisher added an insurance goal later in the second half, her first of the season as well.

Meanwhile, Notre Dame's defense continued to flex its muscle, only allowing two shots total, including its first on net in three games this season.

Olivia Wingate, of Wilmington, nearly got the Irish on the board in the third minute of the match as a through ball found the grad student in the box, but her toe poke couldn't get past the keeper.

In the 22nd minute, Klenke delivered a beautiful ball from the left side to the far post where Mercado one-timed a shot, but SLU keeper Emily Puricelli made a quick-reaction save to keep the score 0-0.

Defensively, Geatino shone bright with under 20 minutes remaining in the half. First, it was a big clearing header, then moments later she cut off a cross at the six-yard box, negating yet another attack.

Fast forward to the 34th minute and some nifty back-heel passes around the box led to a pass to an open Wingate on the far post but her shot went just wide.

Italian Heritage Golf Classic, Oct 28

The Angelo Giuseppe Roncalli Lodge #2183, Sons and Daughters of Italy of Wilmington and the Italian Heritage Month Committee are proud to announce the 12th Annual Italian Heritage Golf Classic in celebration of October as Italian Heritage Month on Friday, October 28, 2022 at the Hillview Golf Course in North Reading.

The committee invites you to participate in a great day of golf, food, and fun. As in the past, 100% of the proceeds from the golf classic will benefit the Alzheimer's Association, Cooley's Anemia Foundation, and the Italian Heritage Scholarship Fund. Over

the last eleven years, the tournament has raised \$50,000!

The entry fee per golfer is \$150.00, which includes greens fee, golf cart, a player gift, driving range, continental breakfast, hotdog, chips and soda at the turn and a luncheon buffet. Golfers may register individually or in teams of four; individual golfers will be placed on a team. Prizes will be given to first, second and third place teams. There will be contests on the course, a 50/50 raffle and a raffle table at the luncheon. Tickets are available for the luncheon only, at \$35.00 per person.

The tournament is a

shotgun start and a scramble format. On the day of the tournament, registration begins at 7:30 AM and tee time is at 9:00 AM. If you are not a golfer and would like to support our charitable golf tournament, sponsorships are available. You may sponsor a hole for \$100 or a golf cart for \$50 or provide a gift certificate that will enhance our raffle table.

For further information on participating in the tournament, sponsorships or donating a gift to the raffle, please call Tournament Chairman Kevin Caira at (978) 657-7734.

3 vs 3 Youth Basketball Tournament a complete success



Starting top left and going clockwise: 3rd/4th Grade Boys Winners from left, Luca DiCenso, Josh King, Joe Langone, Bryce Callahan and Zach Stroud; 3rd/4th Grade Girls Winners, from left, Grace Howie, Lily Falk, Amara Chimwanda with their coaches; 7th/8th Grade Girls Winners from left, Krista Langone, Ady Balter, Jill Weinstein, Evie LaClair and Josie O'Mahony; The PM Volunteers included from left, Joey Galvin, Jonathan Foresyth, Luca Cudia, Jacob Roque, Mike Oatis, Andrew Maiella, Austin Harper, Jake Bourgeois, Michael Lawler, Shea Price and Ayden Balter; Below, the 5th/6th Grade Girls and Boys Winners, from left, Nyla Chimwanda, Mikayla Fields, Eliana Goldstein and then Zach Maiella, Andrew Poyant, Davio DiCenso, David Collins; bottom the AM Volunteers from left, Ian Pedraza, Shane Tassone, Ayden Balter, Austin Harper, Joey Galvin, Tiago Gomez, Mike Oatis, Jonathan Foresyth, Andrew Maiella; to the left, the winners of the creative jerseys/girls division includes from left, Morgan Mather, Sophia Fiore and Adelyn Cowles; Above them the winner of the creative jerseys/boys division, from left, Spencer Walker, Luke Hurley, Declan Mulcahy and Michael Ho; Above that, the 7th/8th Grade Boys winners include from left, Ben Sullivan-Lattuga, Josh Roux, Jake Fortier and Maddox Dobson.

(all courtesy photos).

Six teams enjoy championship titles

On Saturday, August 27th, the Wilmington High School Boys Basketball Booster Club hosted their first 3-vs-3 tournament fundraiser on the courts at the Shawsheen Elementary School.

With the recruiting help from Wilmington Travel Basketball, they had over 80 kids participate in this fun-filled tournament that was officiated by WHS Boys Basketball players.

Thank you to all the player and parent volunteers who helped with the event

The Club's sponsors include: Tremezzo Ristorante/Tremezzo Pizzeria/Josie's Bakery (platinum), Hypothecary Ales (gold), Boston Burger (gold).

Congrats to all the winners, including:

3rd/4th Grade Division Champions -- Boys: Ankle Breakers (Joe Langone, Luca

DiCenso, Bryce Callahan, Zach Stroud, Josh King); Girls: Hot Shots (Amara Chimwanda, Lily Falk, Grace Howie)

5th/6th Grade Division Champions -- Boys: Fruity Patooties (Davio DiCenso, Andrew Poyant, Zachary Maiella, David Collins); Girls: Poole Party (Eliana Goldstein, Mikayla Field, Nyla Chimwanda)

7th/8th Grade Division Champions -- Boys: PSG Elite (Jake, Maddox, Josh, Dereon, Sam); Girls: Lebron's Tutors (Krista Langone, Evie LaClair, Jill Weinstein, Ady Balter, Josie O'Mahony)

Most Creative Jersey Awards -- Boys: McBucket's (Michael Hao, Luke Hurley, Declan Mulcahy, Spencer Walker); Girls: Hoop There It Is! (Adelyn Cowles, Sophia Fiore, Morgan Mather)



Valente keeps things rolling as the cheer director

FROM B5W

"It's been tough because we don't have a lot of volunteers, so to get these people to help is huge. We did get two high school kids to help out and we got two seventh graders to help out with the flag team," she said. "Also, (Pop Warner President) Joe (McCauley) and myself did get an almost entire new board (of directors). We have six new board members so that was a big thing."

Over the years some of the veteran cheerleading coaches have left, but some have remained like Kerry Piantedosi and Jackie Welch, while longtime former Cheerleading Director/League President Deb Smith, who is the sole reason why the program is at that elite level every year, makes sure she pops in when she can to help out Valente, as well as all of the fellow coaches and cheerleaders. "This is Deb's first day of coming here, but she's always going to be here to help. She'll always be here and the girls love that," said Valente.

What Smith and Valente saw on this one practice night, was just shy of 100 cheerleaders broken up into three teams. The Flag Football Cheerleading team consists of about 50 girls ages four, five and six. Then there's two other teams of about 20 girls each, who make up the 'B' and 'E' teams. They will cheer at the home games for all of the Pop Warner teams.

"We're just getting the kids ready to compete and obviously (cheer) for our games. This year we have the 'B' team which is a medium level-two team, and the 'E' team is also a medium level-two team. Basically our goal is to have them ready to compete for Nationals," said Valente. "We're just happy to be back this

year. We don't have any rules this year as far as masks, at least right now. Last year, they all had to have masks on while jumping and stunting, so there were definite struggles last year but we're just happy to be back this year and have everything as normal as we can."

And that 'normal' is getting the girls and teams geared up for the competitions which start in October.

"Honestly, I want the girls to have those expectations (of being among the best in the country). I want that but also want to make sure that the girls have fun and to learn. They need to be safe. I just don't want to throw them out there with a routine and they are not safe and someone can get hurt. So safety always comes first," said Valente. "But yes, there's always expectations of being a cheerleader from Wilmington because we have been so successful. These cheer-

that they put into it.

"Most of those kids give up other sports so they can be here, so they are dedicated. Cheerleading is not the same (as it used to be). It's not just being out their with the pom-poms. They all have to learn how to tumble and that's a big thing of it. It's all gymnastics (routines)."

Over the last few decades, that aspect of cheerleading has changed drastically.

"When I was in the program, the tumbling was just starting. I only was able to get my back hand-spring. I think I was in the eighth grade when I first learned how to tumble. That was just about all I could do. My daughter has far surpassed me," said Valente with a laugh.

Her daughter, Alexia, has gone through the program herself and 'aged out'. Despite that happening, her mom is still there, volunteering her time to keep this proud and elite



Krystle Valente, right, is in her third year as the Wilmington Pop Warner Cheerleading Director and here she looks on to watch a routine by one of the cheerleading teams with former League President and Cheerleading Director Deb Smith, during last Thursday night's practice. (photo by JoeBrownphotos.com).



Wilmington Pop Warner "E" Team cheerleaders go through their routine during last Thursday night's practice. (photo by JoeBrownphotos.com).

leaders are just so driven and they have that work ethic. They know that it's all about teamwork, the time and the dedication

program moving forward. "It's hard to walk away. I keep saying that since my daughter is no longer in the program that I'll walk

away but I don't think I can," said Valente. McCauley hopes that remains to be an impossible task. "Krystle has done an

amazing job and is one of main reasons the cheer program remains strong each year," he said. "The work she does behind the scenes probably goes

unnoticed by many but we wouldn't be able to run this program without her."

Numbers are up and excitement is in the air

FROM B5W

again coach the middle school team, with help from his brother Chuck as well as other assistants Peter Lanzi and Shaun McLennan.

"I started coaching (the middle school team) when (my son) Joe was that age and then Shawn Maguire took over for two years, and last year I coached and now I'm doing it again," said McCauley. "We have thirty kids on this year's roster. Usually we have had fifty to sixty every year, but this age group has always been a low numbered group ever since they started in Pop Warner."

The U10 and U8 teams are coached by Tom Warford and Nick Castellano. The last team is the U11 squad, which is headed up once again by veteran coach Steve Zella.

"The only change (for this season) is we have an 11U team. Pop Warner has (changed and now there's) a new odd age group (division),"

explained McCauley. "So our 11U team is going to be playing a regional schedule, so mostly Connecticut teams. Northern Connecticut went all odd age groups, whereas traditional Pop Warner with the 8Us and the 10Us will play locally, mostly against Merrimack Valley teams. The Middlesex League (Pop Warner Division) basically doesn't exist anymore. I have Woburn kids here, I have Burlington kids here - Burlington is not having any Pop Warner Football this year and Woburn is only have a 10U team so I have all of their 8U kids. I have Burlington's 8U and 11U kids."

"Those additions are part of our increased numbers and then going with the odd group in able to save this 11U team and have them come back another year, which I think is good for them, because this is the team that went to the champi-

onship game last year. I wanted them to stick around, get them going and keep that team together for another year."

The U11 team will open its season this weekend, whereas the other teams open on September 11th. For Zella and his team, it'll be long bus rides, but hopefully worth it.

"I had a talk with those parents' because there's going to be a lot of traveling going on. We're not going to Billerica anymore," said McCauley. "I think their first game is in Reading, Connecticut. Steve Zella is back coaching that team and it should be a very interesting season as Connecticut usually has very tough competition which is good for us because he's got a pretty good team so it'll be interesting and exciting to see them play. He's got everyone back from last year's team and a few additions. He ended last year with sixteen kids and

now he's got eighteen."

Zella has been a great coach in the system over the years, and also has done great things as the head varsity lacrosse coach at North Andover High School.

"Steve's been here now for four years so it's good to have that continuity. The kids love him. Steve's a hard-nosed football coach. He runs a good practice and he does a really good job with the kids and you can see it," said McCauley.

Besides the change with the U11 team, another change this year is there's a lot of new faces on the BOD. McCauley is back as President and Krystle Valente returns for her third year as Cheerleading Director. The rest of the Board includes: Leanne Redmond, Kerry Butler, Danielle Matton, Adriana Reguera, Gail Avery, Kerry Piantedosi, Castellano and Zella. McCauley and the rest of

them have been extremely pleased with how the pre-season practices have gone, and were also thrilled that many former Pop Warner players, who are now suiting up for Coach Craig Turner at the high school level, came down Thursday night to engage with the future high school players.

"Any chance that we have to come here with our kids to see these kids, pump up Wilmington High School Athletics and our program, well we are always happy to do that," said Turner. "They have the best numbers that they have had in a few years which is awesome, and we're excited about that. I can't wait to come down here and see them all play on a Sunday morning."

And that excitement is contagious.

"I'm excited and I think the increased numbers is obviously good for the program," said McCauley. "Plus the high school

coaches and team are coming down tonight. I bought sixty pizzas for everyone who is here, all of the players and cheerleaders. Coach Turner will talk to our kids and the captains of the high school team will as well. Joey Kullman and Peter LeBlanc, the two captains, I coached them through this Pop Warner program since they were seven and now they are the captains of the high school team. That senior year, the majority of them, we had here as seven and eight year-olds and all of the way up so as you can see, I'm getting old."

"I'm excited for the kids, I'm excited for another year of Pop Warner Football here in town. I'm excited about all of the activity that is going on this field every night, because like I said, back in April and May, I was really nervous but once June and July came around, I knew we were going to have a season."



The coaches and members of the WHS Football team paid a visit to the Pop Warner Practice Fields last Thursday night to chat, have pizza and take a picture along with the members of the Wilmington Middle School, U11, U10 and U8 Youth Football teams. (photo by JoeBrownphotos.com).



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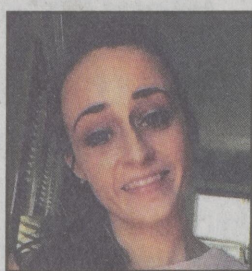
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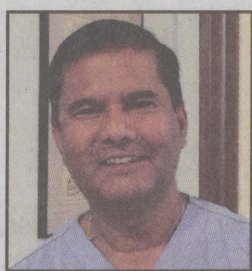
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Nursing Supervisor



Cara Alexis
CNA



Ashley Doherty
Nurse's Aide



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What should I do if I get a call claiming there's a problem with my Social Security number or account?

If there is a problem, we will mail you a letter. Generally, we will only contact you if you have requested a call or have ongoing business with us. The latest scam trick of using robo-calls or live callers has increased. Fraudsters pretend to be government employees and claim there is identity theft or another problem with one's Social Security number (SSN), account, or benefits.

Scammers may threaten arrest or other legal action, or may offer to increase benefits, protect assets, or resolve identity theft. They often demand payment via retail gift cards, wire transfers, pre-paid debit cards, internet currency, or mailing cash.

Our employees will never threaten you for information or promise a benefit in exchange for personal information or money.

We may call you in some situations, but will never:

- Threaten you.
- Suspend your SSN.
- Demand immediate payment from you.

Require payment by cash, gift card, pre-paid debit card, internet currency, or wire transfer.

Ask for gift card numbers over the phone or to wire or mail cash.

Ask for personal details or banking information to give you a Cost-of-Living Adjustment (COLA).

Don't be fooled! You should look out for:

A caller saying there is a problem with your SSN or account.

Any call asking you to pay a fine or debt with retail gift cards, wire transfers, pre-paid debit cards, internet currency, or by mailing cash.

Scammers pretending they're from us or another government agency. Caller ID or documents sent by email may look official but they are not.

How to protect yourself and your family!

If you receive a questionable call, hang up, and report the call to our Office of the Inspector General.

Don't return unknown calls.

Ask someone you trust for advice before making

any large purchase or financial decision.

Don't be embarrassed to report if you shared personal financial information or suffered a financial loss.

Learn more at [oig.ssa.gov/scam](https://www.ssa.gov/scam).

Share this information with friends and family.

Learn more about fraud prevention and reporting at <https://www.ssa.gov/scam>.



What is a "my Social Security" online account and how do I get one?

A personal my Social Security account is an online service you can use to check your Social Security information and conduct some business with us. To find all the services available and how to create an account, go to our my Social Security page. You can trust that your information is safe with us. The Privacy Act of 1974 (5 U.S.C. § 552a) requires us to protect the information we collect from

you. We respect your right to privacy and we protect it when you visit our website.

We partnered with Login.gov and ID.me to provide alternative methods for members of the public to access their personal my Social Security account. You may have previously created an account with Login.gov or ID.me. If not, you can create one.

When you access our website to sign in to your account, you will have the choice to sign in with a my Social Security username and password you previously created or to sign in with a Login.gov or ID.me account.

If this is your first time trying to access my Social Security, you must choose to sign in with a Login.gov or an ID.me account. You will be directed to Login.gov or ID.me to register for an account if you do not have one.

After successfully registering for your Login.gov or ID.me account, you will be redirected to our website to read and agree to the my Social Security Terms of Service. From there, you can complete the registration and access your my Social Security account.

If you are unable to create an account or encounter a problem with your personal my Social Security account, you may:

Legal Checklist

= By Susan M. Mooney, Esquire =

The events of the pandemic years have made us look at our to-do-lists more

seriously and estate planning has moved to the top of the urgent list for many. In my opinion as a practicing estate planning and elder law attorney, estate planning is for all

times and for people of all ages, but recent years have brought many of us to the realization of the importance of having a current estate plan in place.

In addition to management and division of one's estate (assets) after death, through Wills and sometimes Trust documents, a proper estate plan should include documents related to lifetime planning and protections, such as a Durable Power of Attorney and Health Care Proxy. These documents insure that during lifetime an individual's financial and medical needs, intentions and wishes are followed. These documents take care of you and your decision-making during lifetime (while other documents, such as Wills and Trusts are related only to division of your belongings and other assets after your death).

The following are suggested documents to be considered in establishing or reviewing an estate plan to meet your individual needs to be included in your legal checklist. IN MY OPINION

THE DURABLE POWER OF ATTORNEY AND THE HEALTH CARE PROXY ARE THE TWO

(2) MOST IMPORTANT LEGAL DOCUMENTS ON THIS LIST FOR EVERYONE, however I have also included other estate planning suggestions to consider.

1. **DURABLE POWER OF ATTORNEY:** A Power of Attorney is a very simple and inexpensive legal document that allows you to designate an individual who is authorized to act in your place during your lifetime in order to conduct and participate in financial transactions on your behalf, such as, cash checks, deposit or withdraw funds, pay bills, access retirement funds, IRAs, 401ks, insurance, annuities, or sell, buy or mortgage real estate, among other things. In short, this person, called your agent or attorney-in-fact, should be able to conduct any financial transaction in your place if you are either unable to do so, or if it is simply not convenient for you to do so, either temporarily or permanently. By executing a Power of Attorney, you avoid the risk of the Court appointing a Conservator to manage your affairs if you were to become unable to do so. The Court proceeding is costly and the Court may appoint someone to be in charge who may not be the person you would select if given the opportunity. I suggest that you name a first and second choice as your agent(s) under a Power of Attorney to avoid the risk of a Court proceeding to appoint someone to act on your behalf.

2. **HEALTH CARE PROXY:** The Health Care Proxy is the single most important legal document that any individual can have. It is a simple and inexpensive legal document that appoints the person of your choice as your health care agent, to speak on your behalf for medical decision-making in the event you are not legally competent or conscious to do so. Again, it is important to name at least two (2) agents, a primary agent and a secondary, for your protection to avoid a Court appointed Guardianship, which is costly and can take weeks or months when a decision might be needed urgently.

3. **WILL:** Determine if you need a new Will, or if you need to update or amend a current Will.

4. **TRUSTS:** Determine if a Trust is right for you. A Trust may be advisable if there is a specific need for holding assets in Trust, such as protecting assets for minor children or disabled individuals or for tax planning, or in some cases an Irrevocable Trust for long term care planning.

5. **BENEFICIARY DESIGNATIONS:** Review and update all assets that allow you to designate a beneficiary, such as Life Insurance, Annuities, IRAs, 401ks, Retirement plans, etc.

6. **REVIEW OWNERSHIP OF BANK AND INVESTMENT ACCOUNTS:** Bank accounts and investment accounts generally allow for PAYABLE ON DEATH (POD) or TRANSFER ON DEATH (TOD) designations. This form of ownership is generally advisable for your protection as opposed to adding children or other relative's names to joint ownership on your accounts, which is generally ill advised since your assets would then be exposed to the risks of other joint owners, such as their accidents, divorces or other financial risks and liabilities.

7. **LONG-TERM CARE PLANNING:** Is there any planning advisable or recommended for you in the event that long-term care is needed or imminent?

8. **IRREVOCABLE PREPAID FUNERAL PLAN:** Should you consider the purchase of a prepaid funeral plan, to insure that your intentions are followed and mostly to protect funds for proper burial?

Remember that every individual's situation is unique, whether it is assets, health issues, or family situations. It is important that you receive personal advice related to your specific situation and estate planning needs from qualified professionals.

Nothing contained in this article is intended as legal advice specific to your personal situation. Please consult an estate planning or elder law attorney of your choice to review your personal planning and circumstances.

About the author: Attorney Susan M. Mooney has been a practicing attorney for thirty-five (35) years. She received her law degree, summa cum laude, from New England Law/Boston in 1987 and undergraduate degree from the University of Massachusetts. She is admitted to practice in Massachusetts.

State and Federal Courts and the Supreme Court of the United States. Ms. Mooney is a member of the Massachusetts Bar Association and the National Academy of Elder Law Attorneys (NAELA).

The Law Offices of Susan M. Mooney, P.C. has offices located in Stoneham and Gloucester, Massachusetts. For further information about estate planning, visit our web site at www.susanmooney.com. The firm offers legal services in various areas of practice including, Probate and Elder Law, Wills, Trusts and Estates.

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Three ways to keep your bones healthy and strong

(BPT) - It's never too early (or too late) to take care of your bones. After all, your bones are the supporting structure that allow you to move every day and they protect your vital organs. According to the National Institutes of Health, bones store minerals, namely calcium and phosphorous, for later use, so your body has what it needs.

Your body reaches a maximum amount of bone, or bone mass, by age 30. As you age, you lose bone mass which can weaken your bones and can lead to injury. In fact, 1 in 3 women over the age of 50 will break a bone due to osteoporosis. While the disease is more common in women, 1 in 5 men over age 50 will also break a bone due to osteoporosis. This "silent disease" can be easily overlooked but taking stock of your bone health now along with the right nutrition and exercise could help increase your bone strength and reduce your risk of fracture.

Check out these three tips to keep your bones healthy and strong.

1. Get plenty of vitamin K Vitamin K is an essential nutrient vital for maintaining and supporting bone health. Several bone proteins rely on this vitamin to regulate bone metabolism, mineralization and formation. Too little vitamin K in the diet may weaken bones increasing the risk for fractures. Much like consuming

natural sources of calcium and vitamin D can support bone health, so does eating foods with vitamin K.

California Prunes are a delicious plant-based food high in bone-building vitamin K. Plus, prunes provide minerals like copper and boron, which are also important for bone health.

A study from Pennsylvania State University found that daily prune consumption preserved bone mineral density (BMD) at the hip and protected against increased fracture risk in postmenopausal women. A hip fracture is a serious injury that commonly leads to hospitalization, diminished quality of life, loss of independence and a shortened life span.

"The naturally sweet flavor of prunes makes them a versatile ingredient or convenient snack for anyone," says California Prune Board's nutrition advisor, Andrea N. Giancoli, MPH, RD. "Just a handful of prunes a day can easily be incorporated into any eating plan. Add them to salads, trail mixes, cereal, smoothies and savory dishes."

2. Check your calcium and vitamin D intake Make sure you're getting enough calcium in your diet. Ninety-eight percent of the body's calcium is stored in the bones, making this mineral critical for building and maintaining strong bones. Getting too little calcium can potentially lower your bone mass and make you

more susceptible to osteoporosis.

Dairy foods like milk, yogurt and cheese are excellent sources of calcium. For those who don't consume dairy products, there are plenty of other food options including:

- * Dark, leafy greens like broccoli and kale
- * Soybeans (aka edamame) and pinto beans
- * Tofu made with calcium
- * Almonds
- * Calcium-fortified plant milks and foods
- * Calcium-fortified juices and cereals
- * Canned salmon and sardines with bones

For your body to properly absorb and use calcium, you'll also need enough of the sunshine vitamin, vitamin D. This vitamin is naturally found in only a few foods like fatty fish, egg yolks and some mushrooms. Milk is fortified with vitamin D as are most plant milks. Your body can also make its own vitamin D by exposing your skin to the sun.

How much calcium and vitamin D you need depends on your age and sex. Before you change your diet, make sure you talk with your doctor or registered dietitian. If your calcium and vitamin D intakes are still low after changing your diet, your doctor or dietitian may recommend taking supplements.

3. Hit the weights If you avoid the weight rack at the gym, you should reconsider. Weight-bearing and resistance training doesn't just help you build mus-



cle. It can also help build strong bones. Research has shown that resistance training may slow bone loss, rebuild bone and potentially offset age-related bone mass loss.

There are plenty of ways to incorporate strength training into your workout routine. Not ready to start lifting free weights or weight machines? Resistance bands are an easy and approachable way to do strength training. Best of all, you can use them in the comfort of your own

home.

Looking for the perfect way to start your day and support your bone health? This purple power smoothie is refreshingly delicious and ideal for your daily routine!

Purple Power Smoothie
Prep Time: 5 minutes;
Makes: 1 large smoothie or 2 small smoothies

Ingredients
1/4 cup diced California Prunes
1 cup baby spinach leaves
1/2 cup plain Greek yogurt

3/4 cup Pomegranate juice
1/2 cup frozen berries (can be a mixture of berries or just strawberries)
1 teaspoon honey
1 cup ice
Directions
1. Add all ingredients into a blender except ice.
2. Blend until smooth.
3. Add ice until you achieve desired consistency.
For more recipes with prunes, visit CaliforniaPrunes.org/Recipes.

Are you at risk for bladder cancer?

(BPT) - As you get older, your body and health change, but this doesn't mean every change you experience is a normal part of aging. Consider your visits to the bathroom, for example. If you or a loved one is over the age of 70 and has been experiencing changes in urination, it might be time to speak with your doctor.

Changes in urination may include:

- * More frequent need to urinate
- * Pain or burning during urination
- * Feeling as if you need to go right away, even when your bladder isn't full
- * Having trouble urinating or having a weak urine stream
- * Having to get up to urinate many times during the night
- * Blood in urine

While many of these symptoms may be signs of common, treatable conditions such as urinary tract infections (UTIs), bladder stones, an overactive bladder, or, in men, an enlarged prostate, they may also be signs of bladder cancer, according to the American Cancer Society.¹

It is an important time to consider proper urological health and associated risk factors. If you or a loved one are experiencing any of these symptoms, you should see your doctor.

"Bladder cancer becomes more common as we age," said Dr. Sandip Prasad, a urologist in community practice with Atlantic Medical Group and the Morristown Medical Center, New Jersey. "Due to its prevalence, it's important for older Americans to be vigilant about any changes in their urinary health and behaviors, as it may help to detect - and, more importantly, treat - bladder cancer in its early stages."

Donald McNally, age 86, first knew something was wrong after experiencing blood in his urine in 2017. He went to Dr. Prasad who diagnosed him with non-muscle invasive bladder cancer (NMIBC). After repeated treatments his cancer kept coming back, so he discussed other options with his



doctor and family.

"Almost one year ago, I tried an experimental treatment, and I'm still cancer free," said McNally. "I'm very happy with the results. My advice to someone facing a cancer diagnosis is to explore all of your options and work with your doctor to choose the one that's right for you."

Bladder cancer risks

While anyone can develop bladder cancer, some factors increase the risk. These include smoking, exposure to certain carcinogenic chemicals, having a family history of the disease, chronic bladder problems and urinary tract infections, previous chemotherapy, certain diabetes medications and age.²

Research has found that bladder cancer most often occurs in those aged 75-84 and is three times more

likely to occur in males than females.³ Of the estimated 80,000 new cases of bladder cancer diagnosed each year, 70-75% are diagnosed as NMIBC.³ Those living with NMIBC face a future of recurrence and additional surgeries.⁴

Challenges treating bladder cancer

While there is a low risk of mortality, chronically relapsing NMIBC remains a problem.⁵ There are currently no drugs approved by the U.S. Food and Drug Administration for primary treatment of NMIBC.

Transurethral resection of bladder tumor (TURBT) is the standard first-line treatment option for NMIBC patients. TURBT is a surgical procedure to remove the bladder tumor through the urethra, the thin tube that carries urine from the bladder.



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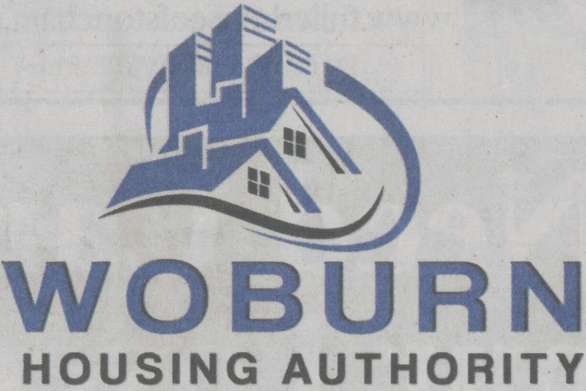
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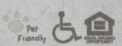
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Did you know there are 3 types of sweat, and 1 smells the worst?

(BPT) - Whether it's a hot day, you're hitting the gym or you're preparing for an upcoming presentation, many different things can cause you to sweat. Did you know there are different kinds of sweat and one type smells worse than the others?

"There are millions of sweat glands all over your body. Although it may seem like a nuisance, sweating is an essential bodily function and with a few proactive steps, you can manage the body odor that results from sweating," said Dr. Maiysha Jones, principal scientist at Secret.

Jones explained there are three different kinds of sweat that come from two different sweat glands:

Heat sweat: Whether it's a hot day or the temperature indoors is a little warmer than your liking, your body will self-regulate by sweating. This produces moisture on the skin that has a cooling effect. Heat sweat comes from the eccrine glands and is made of mostly water.

Exercise sweat: As you move, your body temperature rises and sweat glands react to cool you off. This occurs during intentional exercise or even when you're moving in other ways, such as racing out the door for work in the morning or playing with your children. Exercise sweat also comes from the eccrine glands.

Stress sweat: You don't need to be moving or feel hot to experience stress sweat. Your body feels



stress for any number of reasons and may react by sweating. This type of sweat comes from the apocrine glands which are found in the armpits and other hairy body sites.

"Stress sweat smells the worst because it comes from apocrine glands, which produce sweat that contains food for the bacteria that lives on everyone's skin," said Jones. "When bacteria consume the components of stress sweat, they produce foul-smelling gases that we perceive as body odor."

How to manage stress sweat

As the world continues to open back up again, you'll likely be more active and in situations you may not have experienced in a while. This

could lead to stress sweat and you may notice an increase in body odor due to stress. In fact, 35% of women have sweat and odor breakthrough up to two times a week, according to Secret research. So what are we to do?!

"The first step is to use an effective antiperspirant that manages body odor from stress sweat," Jones said. "Secret Clinical Strength Antiperspirant is a great option. It provides 48 hours of sweat and odor protection, with double the

sweat protection versus an ordinary antiperspirant."

Taking daily showers can help you stay fresh as well. Not only does a shower clean your body, but it can also be mentally relaxing, helping you to balance the stress in your life.

Here's a trick: Take a shower at night to relax and promote better sleep. Another trick: Put antiperspirant on at night after your shower rather than in the morning and it will be more effective. Why? Overnight,

when your sweat glands are less active, your antiperspirant has time to more effectively block your sweat ducts.

Finally, managing stress in general can help reduce stress sweat. Be aware of your body signals and when you need to take a break. Self-care is important and knowing when you need to pause - even for a five-minute break - can help you regulate your mind and body so you feel (and smell!) your best.

Are your IBS symptoms more challenging to manage than they were a year ago? You're not alone

If you live with irritable bowel syndrome (IBS), does it seem like your symptoms have not improved in the last 12 months? According to recent survey results, this has been the experience for many adults living with IBS. This data comes from a recent Salix-sponsored survey of more than 700 IBS patients, of which nearly half (49%) of respondents found their IBS symptoms more challenging to manage in the past year. Additionally, the majority of respondents reported that their multiple GI symptoms have not improved over the last 12 months (between 77% and 81% of respondents across all IBS symptoms included in the survey).

Salix Pharmaceuticals, in partnership with the Farleigh Dickinson University Poll, recently released the second annual "Patient Perspectives Report: Living with IBS Now." The report, which is available at www.salix.com/newsreleases, reveals insights into the symptoms and behaviors of people living with the condition.

What is IBS?

Irritable bowel syndrome (IBS) is a common gastrointestinal disorder that affects 13.7 million adults in the United States. People with IBS often experience reoccurring issues with abdominal discomfort or pain that are associated with a range of symptoms, which can include diarrhea, constipation, or alternating episodes of both (mixed). Symptoms of IBS can range from mild to severe and can be difficult to manage, however, treatment options are available and should be discussed with your health care provider.

Why has IBS been tougher to manage this past year?

When asked what made the management of their symptoms most challenging in the last 12 months, respondents said:

- * Changes in their normal routine such as eating habits, exercise, and daily activities (79%)

- * Less communication with their health care provider (30%)

- * Changes in their IBS treatment (22%)

In-person versus telehealth appointments

Almost all HCP diagnosed patients surveyed (92%) were initially diagnosed with IBS during an in-person appointment. Additionally, more than half (61%) of those surveyed prefer in-person communications with their health care provider. The survey also found that 45% of respondents said telehealth has made receiving care easier.

Seeking treatment for IBS

Another takeaway from the survey regarding doctor-patient communications is that when meeting with their health care provider, 40% of patients only discuss their main IBS symptom, rather than discussing all of their IBS-related symptoms. It is important that patients discuss all of their IBS symptoms in order for their health care provider to have a complete picture of that patient's experience with the condition.

If you are experiencing frequent symptoms such as constipation, diarrhea, changes in bowel movements, abdominal pain, gas and/or bloating, it's important to consult your health care provider to discuss symptom management and treatment goals.

The Fuller House Future Funds

Dear Friend,

I am writing to you on the behalf of The Fuller

House of Stoneham as we launch our new Charitable Campaign; the Fuller House Futures Fund. We continue to thrive as we approach 100 years of continuous quality care to our senior citizens. What began in the early 1900's as a family's bequest of their home and substantial endowment with the vision to provide for the elderly population has blossomed into one of the finest small Rest Homes in New England.

We extend our request to area community members, businesses and families to become a part of

the movement to support the Fuller family's mission to serve aging residents. A tax deductible charitable contribution can be made as a recurring donation, as a memorial with a passing of a loved one or within estate planning.

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The Fuller House is a private pay facility and strives to continue to offer affordable and modest monthly rates. We also work closely with the Veteran Affairs and PACE programs for families who need financial assistance. The donations received from our new Charitable Campaign will assist in maintaining the quality services that we offer and help to ensure that the mission to care for our elderly continues for many more years to come. I am sure the Fullers would be quite pleased and proud to see that their vision helped so many and remains so strong and vital.

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Visit the Danvers Archival Center for witchy history

By ROSALYN IMPINK
News Correspondent

Massachusetts has no shortage of history waiting to be discovered. Take a trip up to the North Shore and, after hitting the beach, stop by the Danvers Archival Center at the town's public Peabody Institute Library, founded in the 1800s by Danvers native George Peabody.

Longtime Town Archivist Richard Trask proposed the archives in the 1970s, and still oversees the collection today. Visitors will find an expansive reading room on the bottom level of the library containing the archive's large collection of history books, genealogy resources, and historical pamphlets.

The crown jewel of the archive is the Ellerton J. Brehaut Witchcraft Collec-

tion, named after a local antiquarian and book collector. The collection is thought to be the most complete collection of printed materials related to the 1692 witchcraft panic which took place in Salem Village (now modern-day Danvers).

More than 200 people were accused of practicing witchcraft, and 20 were executed; the last remaining person to have her name cleared was Elizabeth Johnson, who was pardoned by Governor Charlie Baker in June as part of a three-year lobbying effort by an Andover middle school civics teacher and her class.

The collection has several original early imprints relating to the witch trials, as well as rare volumes on New England and Massachusetts, inclu-

ding Increase Mather's 1684 An Essay for the Recording of Illustrious Providences; Cotton Mather's 1693 Wonders of the Invisible World; Robert Calef's 1700 More Wonders of the Invisible World; John Hale's 1702 A Modest Enquiry into the Nature of Witchcraft; Deodat Lawson's 1693 A Brief and True Narrative; Increase Mather's 1693 Cases of Conscience; Charles Upham's 1834 Lectures and 1867 Salem Witchcraft.

Visitors will also find the latest fiction and nonfiction works on Salem, as well as children's literature. Enthusiasts, historians, and amateurs alike will find something to enhance their scholarship on the witchcraft hysteria and learn more about the history of the area.

Visitors interested in dig-

ging deeper into the history of Danvers and the area will be excited to find manuscripts, maps, photo records, and architectural guides.

The archive also has vital records and genealogical research for your family tracing needs. Could you be related to important Danvers families like the Putnams or the Porters? The archive can help you explore Massachusetts military records of the soldiers and sailors in the Revolution, War of 1812, and Civil War. Pore over 100,000 manuscript records and explore regional church membership, police rosters, and centuries-old diaries.

Visitors are welcome to walk in to the archive collection when open to explore materials on display. The archivist is available to assist with fragile and rare item handling and to provide more information on the resource collection.

The archive is open from Monday to Thursday 9 a.m. - 4 p.m. at 15 Syl-

van St. in Danvers.

Visit www.danverslibrary.org/archive for more information.



▲ A 19th-century field desk containing original Civil War records is one of the many treasures found at the Danvers Archives. (Rosalyn Impink photo)

J O B S



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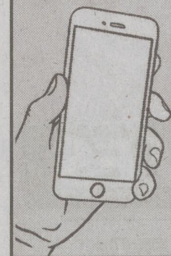
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Saturday 8:00am-4:00pm

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OBITUARIES

Mary T. Hartnett

Taught at Kennedy Middle School in Woburn

Mary T. Hartnett, age 82, a life-long Wilmington resident, passed away peacefully on Aug. 26, 2022.

Mary was born at home in Wilmington, on Sept. 24, 1939; she was the cherished daughter of the late John F. and Mary T. (White) Hartnett.

Mary, along with her brother John "Jack" were raised on the family farm where she developed her great work ethic, her passion for farming and gardening, and her love of animals, especially horses and dogs.

Throughout her life, Mary enjoyed being outdoors, tending to the family farm and mowing the yard by hand.

Mary attended Wilmington Public Schools and was a graduate of Wilmington High School with the Class of 1956. She went on to earn her bachelor's degree in education from Regis College and went on to complete her master's degree in teaching.

Mary started a long and rewarding career in teaching when she took a position at the Kennedy Middle School in Woburn. Mary spent more than 35 years teaching and mentoring students at the Ken-

nedy Middle School and also making many life-long friendships with her co-workers.

Mary was a woman of great faith and a devout Catholic; she was an active parishioner at St. Thomas of Villanova Church in Wilmington and later on at St. Theresa's Parish in North Reading for many years. Mary was always one of the first to volunteer her time and talents to help out with church functions and fundraisers.

In her spare time, Mary enjoyed sewing, creating various crafts and heading to fairs; especially the Deerfield Fair.

Mary will be fondly remembered as a wonderful woman and a great caretaker to her parents and friends. Mary would go out of her way to make everyone around her feel comfortable and loved. She will forever live in the hearts of those she touched.

Mary was the beloved sister of the late John "Jack" Harnett and his late wife Janice, she was very special to the Fahey Family including April and John Fahey along with their children Shawn Fahey, Zachary Fahey and Amy



Fahey (King).

She is further survived by dear friend Maria Silvaggi and her late husband John.

Family and friends gathered at the Nichols Funeral Home, 187 Middlesex Ave. (Rt. 62), Wilmington, on Wednesday, Aug. 31 for Visitation from 11 a.m. - 1 p.m. followed by a Service at 1 p.m. Interment took place in the family lot at Wildwood Cemetery, Wilmington, MA.

In lieu of flowers, please consider a donation in Mary's memory to the Alzheimer's Association, 309 Waverley Oaks Road, Waltham, MA 02452.

To leave a message of condolence please visit our website at www.nicholsfuneralhome.com

Mona Marie Flaherty

Loved to garden, cook and travel

Mona Marie Flaherty, age 66, of Wilmington, passed away on Aug. 29, 2022, at the Winchester Hospital.

Mona was born on Sept. 18, 1955, in Summerside, PEI, Canada; she was the cherished daughter of the late Wildred F. and Rita M. (Poirier) Fitzgerald. Mona lived in Canada until she was eight before moving with her family to Somerville for a few years, eventually settling in Malden.

As a young adult, Mona moved to Quincy where she raised her two sons, Randall, and Christopher. She was a devoted mother who loved spending time with her children.

Mona settled in Kingston after marrying her late husband, Thomas V. Flaherty. She was the ultimate "homemaker"; she took pride in her home and garden. Mona had impeccable taste; her home was beautifully decorated.

Her gardens were filled with flowers, and vegetables. She was especially proud of her blueberry and raspberry bushes. Mona's house was open to everyone; she enjoyed hosting holidays, pool parties, and barbecues. Mona

was an excellent cook; she was never afraid to try something new and she knew just what to make.

Mona loved to travel with Tom; they took trips to Hawaii and spent weeks in Mexico. After Tom retired, the couple took a cross country trip in a Winnebago; they made wonderful memories and loved to share their adventures with their family.

Mona will be remembered for her warm and loving personality. She was fun-loving and always looked forward to having a good time wherever she went. Mona and her sister-in-law, Honey, took several day trips that included a lot of laughs. She will be missed.

Mona was the loving mother of Randall Gale of Quincy and Christopher Gale of Washington, DC, stepmother of Thomas V. Flaherty, Jr., and Erin Flaherty along with their families, dear sister of Judy Kulka and her husband John of Michigan, John Fitzgerald and his wife Honey of Wilmington, Karen Loomis and her late husband Rob of West Lydon, Verna Fitzgerald of Saugus, Lisa Pike and her husband Paul of



Gunnison, CO, the late Noreen Tramontozzi and the late Lorna Fitzgerald.

Mona is also survived by many loving nieces and nephews, as well as beloved cat, Tom Tom.

Family and friends will gather for Visitation at the Nichols Funeral Home, 187 Middlesex Ave., (Rt. 62), Wilmington, on Friday, Sept. 2 from 4 - 5:30 p.m. immediately followed by a Funeral Service at 5:30 p.m.

Memorial donations in Mona's name may be made to the MSPCA at Nevins Farm, 400 Broadway, Methuen, MA 01844 or to the American Cancer Society, P.O. Box 6704, Hagerstown, MD 21741.

www.nicholsfuneralhome.com

Imelda A. (Walsh) Tyler

Proud Canadian citizen all her life

Imelda A. (Walsh) Tyler, nicknamed "Milly" by her husband James "Jim" Tyler, who predeceased her by nine months, passed away at age 92 on Aug. 23, 2022.

She was a resident of Wilmington for 65 years, who more recently had been living in Wells, ME, with her daughter.

Imelda was the beloved wife of Jim; devoted mother of Carole-Anne Tyler and husband Richard E. Keane, Jr. of Riverside, CA; Rose-Marie (Tyler) Robertson and husband Mark Robertson of Wells, ME; Brenda-Jean Tyler and husband Raid Mohammad of Christiansburg, VA; and Colin Scott Tyler and wife Kristin (Chase) Tyler of Derry, NH; loving grandmother of Victor Martin Clark, III; Leila Anne Clark; Aminah (Mohammad) Alamgir & husband Irfan Alamgir; and John Walsh (Jamal Moham-

mad); fond great-grandmother of 11 great-grandchildren; cherished daughter of the late Benjamin J. Walsh and Agnes (Rooney) Walsh; and dear sister-in-law of Joseph M. Tyler and wife Pauline (Nogrady) Tyler of Allston.

Imelda is also survived by many much-loved nieces and nephews and a dog to whom she was very attached, Wally.

Imelda was a proud Canadian citizen all her life and worked on the Pine-tree and DEW Line Canadian defense systems before her marriage, for which she received a certificate from the Canadian government recognizing her service to the Canadian people.

Family and friends will gather for Visitation at the Nichols Funeral Home, Inc.; 187 Middlesex Ave. (Rt. 62); Wilmington, on Saturday, Sept. 10, from 9:30 - 11:20 a.m., sharing



memories for the last hour. Visitation will be followed by a Mass of Christian Burial at St. Dorothy's Church; 11 Harnden St. (off Main St./Rt. 38); Wilmington, at 11:30 a.m.

Memorial donations in Imelda's name may be made to the Salem Animal Rescue League (SARL); 4 SARL Drive; Salem, NH 03079.

www.nicholsfuneralhome.com

Upcoming local events

Thursday, Sept. 1, Tewksbury Community Market, 4 - 7 p.m., Livingston Street Park, Tewksbury

Thursday, Sept. 1, Public Health Museum indoor tours, 10:30 - 11:30 a.m. and 12:30 - 1:30 p.m., 365 East St., Tewksbury publichealthmuseum.org

Saturday, Sept. 3, Chelmsford Farmers Market, 1 - 4 p.m., Local growers, artisans, food, and fun. Free. Chelmsford Common, 2 North Road.

Sunday, Sept. 4, Wilmington Farmers Market, 10 a.m. - 1 p.m., Swain Green, 140 Middlesex Ave., Wilmington

Sunday, Sept. 4, Kars N Koffee at As Good As It

Gets, Wilmington, Pop Up Car Show from 9 a.m. - 12 p.m., weather permitting. karsnkoffee.com

Saturday, Sept. 17, Ride the LRTA for Free Day. Ride any LRTA bus or Road Runner. Leave the driving to them! Visit www.lрта.org for more details.

Tuesday, Sept. 20, Galilee Café, 10 East St., Tewksbury Congregational, free dinner for all.

Saturday, Sept. 24, Town Clean Up Day, 9 a.m. - 2 p.m., Stop by town hall for supplies that day. Sign up at clean.up.tewksbury@gmail.com

Saturday, Sept. 24, Tewksbury Fire Depart-

ment vs. Boston Renegades Beep Ball Charity game, Obdens Field, Livingston Street, Free family event.

Monday, Sept. 26, Alternative House Golf Classic, 8:30 a.m., Mount Pleasant Golf Club, Lowell, <https://alternative-house-annual-golf-outing.perfectgolfevent.com/>

Sunday, Oct. 23, Tewksbury Safe Halloween, 1 - 3 p.m., Tewksbury Memorial High School. Free event.

Wilmington Town Museum, Tuesdays and Thursdays, 10 a.m. and 2 p.m., Harnden Tavern, 430 Salem St. (Route 62), Wilmington

Tewksbury Community Market to host alpacas

TEWKSBURY — The Tewksbury Community Market is scheduled to host more than 30 vendors and community groups at Livingston Street Park (288 Livingston St.), behind the Recreation Center, on Thursday, Aug. 25, 2022, from 4 to 7 p.m.

The Aug. 25 market lineup includes:

FARMS & MORE

- Gaouette Farm (fresh fruits & veggies)
- Meta Microgreens (microgreens)
- Pleasant Valley Gardens Farm (fresh veggies)
- Tewksbury Public Library's Community Garden (fresh veggies)

DINNER

FOOD TRUCKS

- Bird's Nest Italian Street Food (sliders, deep fried manicotti, garlic parmesan french fries, crispy eggplant fries, mozzarella sticks, fried ravioli)
- Polish Prince Pierogi (pierogi)
- What The Fork (burgers, chicken, fries & more)

SWEETS

- Cupcake City (cupcakes)
- Fudge 'n Stuff (fudge, candied nuts, salted & roasted cashews)
- Jennifer Lee's Bakery (allergen free baked goods)
- Kona Ice (shaved ice)
- Purple Carrot Bread

Co. (breads, pastries)

- Sophie's Apples (candy apples, gourmet apples)
- Sweets Bakery (cake pops, cookies and other baked confections)
- Whoopie Wagon (whoopie pies)

CAN'T MISS DRINK VENDORS

- Aaronap Cellars (wine)
- Flor de Café (cold brew coffee)
- Naturel Juicing (cold-pressed juices)
- The Stand (fresh squeeze lemonade)

CAN'T MISS FOOD VENDORS

- Bittersweet Herb Farm (sauces, seasonings, oils, jams, balsamic vinegar)
- Craic Sauce (hot sauces)
- Kiss The Cook (mac & cheese)
- Tewksbury Honey (honey)

ARTISANS, CRAFTERS & MORE

- Botany Flowers (flower)

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FREE ESTIMATES
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WOBBURN 781-933-1234
835 Woburn Street, Wilmington
Over 25 years in business

ers sold by the stem — make your own arrangements)

- Everything Alpaca (quality Alpaca products, plus see live alpacas)
- KC Styles Accessories (handmade jewelry, scarves, hair accessories)
- Soak It In Artisan Soap (handmade cold & hot process soaps, lotions & creams; bath bombs; face masks; sugar scrubs)

COMMUNITY GROUPS

- AAA Tewksbury
- Into Action Recovery
- Massachusetts Department of Children & Families
- Open Space & Recreation Committee
- Tewksbury Garden Club

Most vendors accept both cash and credit. Pleasant Valley Gardens Farm also accepts WIC, SNAP, EBT and all state and federal farmers market coupons. Visit the Tewksbury Com-

munity Market's website at www.tewksburymarket.com to learn more. Follow the Tewksbury Community Market's Facebook (@TewksburyMarket), Twitter (@TewksburyMarket), and Instagram (@TewksburyCommunityMarket) for additional market updates throughout the season.

The Tewksbury Community Market is organized through the Tewksbury Public Library, in cooperation with several town departments, including the Community Development Department, Health Department and Town Manager's Office.

Have a question about the market? Contact Community/Economic Development Planner Alex Lowder at 978-640-4370 x 248 or alowder@tewksbury-ma.gov and Community Outreach Librarian Robert Hayes at 978-640-4490 x 205 or rhayes@tewksburypl.org.

ALL INCLUSIVE OFFICE SPACE AVAILABLE

Large second-floor office space in the heart of Wilmington with easy access to the Commuter Rail and minutes from all major highways. This space would be ideal for a lawyer or a tax professional.



20 MIDDLESEX AVENUE

VISIT NORTHEASTERNDEVELOPMENT.COM/RENTALS FOR MORE INFORMATION

- Entire Second Floor
- 2,500 S.F.
- 5 Private Offices
- Large Private Conference Room
- Two Private Bathrooms
- First Floor Shared Conference Room
- Back Stairwell For Private Access
- Partially Furnished
- Heat and Electricity Included
- Landscaping and Snow Removal Included
- Private Parking Lot



In Loving Memory of
Paula E. Post
May 31, 1943 –
September 6, 2008

My wife and mother of my children. If you knew her, you were fortunate enough to know the most beautiful and loving person ever born. She was a wife, a mother, grandmother, great-grandmother, daughter, sister and a friend. I will always love her.

Richard A. Post

AFFORDABLE HOUSING LOTTERY



Rachel's Village
Lowell St.
Wilmington

5 New 2-BR Units
available to
first-time buyers

— \$285,300 —

Information Session:
9/28/2022 @ 6pm

Zoom ID: 862 1138 5509, Passcode: 066921

Lottery Date: 11/2/2022 @ 6pm

Zoom ID: 840 2735 2168, Passcode: 024580

Application deadline: 10/26/2022

Maximum Assets \$75,000.

Maximum Income:

1P \$78,300, 2P \$89,500, 3P \$100,700,
4P \$111,850

Applications:

Kristen Costa, L.A. Associates, Inc.
978-758-0197
kriscosta@laassoc.com

LEGAL NOTICE



TOWN OF WILMINGTON
BOARD OF SELECTMEN

PUBLIC HEARING

Notice is hereby given that a Public Hearing will be held before the Board of Selectmen in the Wilmington Town Hall, 121 Glen Road, Room 9, Wilmington, MA at 7:00 p.m. on Monday, September 12, 2022 on the application of Matt Kiegel, Civil Project Manager, Procopio Companies, to Remove Earth Products on land situated at 203 Lowell Street, Wilmington, MA, and further described as Parcel 73, on Assessors' Map 48 and shown on a plan on file with the application for said permit.

Judith L. O'Connell, Chairman
Board of Selectmen
221091 8/24,31/22

LEGAL NOTICE



COMMONWEALTH OF MASSACHUSETTS
LAND COURT
DEPARTMENT OF THE TRIAL COURT

Docket No. 22 SM 002307

ORDER OF NOTICE

TO:
Ronald Pennie, Jr., Erin Pennie

and to all persons entitled to the benefit of the Servicemembers Civil Relief Act, 50 U.S.C. C. 50 §3901 (et seq):

The Money Source Inc.

claiming to have an interest in a Mortgage covering real property in Wilmington, numbered 5 Chandler Road, given by Ronald Pennie Jr. and Erin Pennie to Mortgage Electronic Registration Systems, Inc., as mortgagee, acting solely as nominee for 1st Alliance Lending, LLC, dated September 26, 2017, and recorded in Middlesex County (Northern District) Registry of Deeds in Book 31500, Page 115, and now held by the Plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status.

If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before 10/10/2022 or you may lose the opportunity to challenge the foreclosure on the ground of noncompliance with the Act.

Witness, GORDON H. PIPER, Chief Justice of this Court on 8/23/2022.

Attest:
Deborah J. Patterson
Recorder
8/31/22
221151



LEGAL NOTICE



TOWN OF TEWKSBURY
PLANNING BOARD

PUBLIC HEARING

FAMILY SUITE SPECIAL PERMIT

Notice is hereby given that the Tewksbury Planning Board will hold a public hearing on **September 12, 2022 at 7:00 P.M.** in the Tewksbury Town Hall, 1009 Main Street, Tewksbury, MA 01876 on an application filed by David Woolaver for a Family Suite Special Permit pursuant to Section 7.1 of the Tewksbury Zoning Bylaw to construct a family suite addition as shown on plans filed with this Board.

Said property is located at **61 Briarwood Road**, Assessor's Map 18, Lot 121, zoned Residential.

The application may be examined on the Planning Board webpage of the Town of Tewksbury's website at www.tewksbury-ma.gov. Should other accommodations be necessary to view the application, please call the Community Development Office at 978-640-4370. Legal Notice can also be viewed on www.masspublicnotices.org

Stephen Johnson,
Chairman
8/24,31/22
221095

LEGAL NOTICE



COMMONWEALTH OF MASSACHUSETTS
THE TRIAL COURT
PROBATE AND FAMILY COURT

MIDDLESEX DIVISION

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. MI22P4147EA

Estate of: Olive Rhoda Guzelf
Date of Death:
February 23, 2022

To all persons interested in the above captioned estate, by Petition of Petitioner **Deborah Cadigan of Medfield MA** a Will has been admitted to informal probate.

Deborah Cadigan of Medfield MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.
221144 8/31/22 221113 8/24,31/22

LEGAL NOTICE



TOWN OF TEWKSBURY,
MASSACHUSETTS
DEPARTMENT OF PUBLIC WORKS

INVITATION TO BID

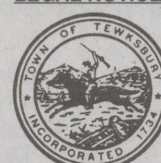
Sealed Bids for Roadway Resurfacing, Contract PW-23-02 will be received by the Town of Tewksbury at the Department of Public Works office, 999 Whipple Road, Tewksbury, MA 01876, until 10:00 AM, on September 15, 2022 at that time and place bids will be publicly opened and read aloud.

The work includes but is not limited to, HMA leveling, patching and paving of roadways, driveway aprons and adjusting and/or rebuilding sewer and drainage structures, adjusting water valve boxes, milling and line painting at various road locations and all incidental work necessary to complete the work.

Contract Documents are available after 1:00 PM local time on Thursday, August 25, 2022 by sending an e-mail request to Assistant Director, David Lizotte at dlizotte@tewksbury-ma.gov. No monetary deposit is required to obtain electronic documents. Contract Documents may also be examined, but not obtained, at the DPW office during the following hours: 8:00 a.m. - 4:00 p.m. Monday through Thursday.

RICHARD MONTUORI,
TOWN MANAGER
TEWKSBURY,
MASSACHUSETTS
221109 8/24,31/22

LEGAL NOTICE



TOWN OF TEWKSBURY,
MASSACHUSETTS
DEPARTMENT OF PUBLIC WORKS

INVITATION TO BID

Sealed Bids for Structure Repairs & Adjustment, Contract PW-23-03 will be received by the Town of Tewksbury at the Department of Public Works office, 999 Whipple Road, Tewksbury, MA 01876, until 10:00 AM, on September 15, 2022 at that time and place bids will be publicly opened and read aloud.

The work includes but is not limited to, structure repairs and/or adjustments, sawcutting, asphalt patching, adjusting water valve boxes and all incidental work necessary to complete the work.

Contract Documents are available after 1:00 PM local time on Thursday, August 25, 2022 by sending an e-mail request to Assistant Director, David Lizotte at dlizotte@tewksbury-ma.gov. No monetary deposit is required to obtain electronic documents. Contract Documents may also be examined, but not obtained, at the DPW office during the following hours: 8:00 a.m. - 4:00 p.m. Monday through Thursday.

RICHARD MONTUORI,
TOWN MANAGER
TEWKSBURY,
MASSACHUSETTS
221113 8/24,31/22

LEGAL NOTICE



TOWN OF WILMINGTON

INVITATION FOR BID

The Town of Wilmington will be accepting bids to conduct a group trip to Idaho. Sealed bids, marked "Bid for Idaho Trip" on the outside, will be received at the **Office of the Town Manager**, Town Hall, 121 Glen Road, Wilmington, MA 01887 until the bid submission deadline of:

**Wednesday,
September 21, 2022
- 2:30 p.m.**

Specifications may be obtained at the Town Hall in the Recreation Office between the hours of 8:30 a.m. and 4:30 p.m., Monday through Friday or at <https://www.wilmingtonma.gov/purchasing-department>. All bids must comply in all respects with the instructions, conditions, specifications and other requirements in the request. Bids may not be submitted via email.

The Town of Wilmington reserves the right to reject the bid or any part thereof deemed not to be in the interest of the Town of Wilmington. The Town shall not be responsible for bids arriving late due to couriers, deliveries to wrong locations, express mailing services, delays related to the processing of mail requests or any other reason. Postmarks will not be considered.

For further information contact the Wilmington Recreation Department at 978-658-4270.
221154 8/31/22

LEGAL NOTICE

THE COMMONWEALTH OF MASSACHUSETTS
MASSACHUSETTS DEPARTMENT OF TRANSPORTATION - HIGHWAY DIVISION
NOTICE OF A PUBLIC HEARING
Project File No. 608774

A Live Virtual Design Public Hearing will be hosted on the MassDOT website below to present the design for the proposed (Route 38 Intersection Improvements) project in Lowell and Tewksbury, MA.

WHEN: 6:00 PM, Wednesday, September 14, 2022

PURPOSE: The purpose of this meeting is to provide the public with the opportunity to become fully acquainted with the proposed Route 38, Traffic Signal Improvements project. All views and comments submitted in response to the hearing will be reviewed and considered to the maximum extent possible.

PROPOSAL: The proposed project consists of Traffic Signal Improvements and Pedestrian Curb Ramps on various locations along Route 38 in Lowell and Tewksbury.

A secure right-of-way is necessary for this project. Acquisitions in fee and permanent or temporary easements may be required. MassDOT is responsible for acquiring all needed rights in private or public lands. MassDOT's policy concerning land acquisitions will be presented in the meeting.

Project inquiries, written statements and other exhibits regarding the proposed undertaking may be submitted to Carrie E. Lavallee, P.E., Chief Engineer, via e-mail to MassDOTProjectManagement@dot.state.ma.us or via US Mail to Suite 7550, 10 Park Plaza, Boston, MA 02116, Attention: Project Management, Project File No. 608774. Statements and exhibits intended for inclusion in the public hearing transcript must be emailed or postmarked no later than ten (10) business days (14 calendar days) after the meeting is hosted on the MassDOT website listed below.

This hearing is accessible to people with disabilities. MassDOT provides reasonable accommodations and/or language assistance free of charge upon request (e.g. interpreters in American Sign Language and languages other than English, live captioning, videos, assistive listening devices and alternate material formats), as available. For accommodation or language assistance, please contact MassDOT's Chief Diversity and Civil Rights Officer by phone (857-368-8580), TTD/TTY at (857) 266-0603, fax (857) 368-0602 or by email (MassDOT.CivilRights@dot.state.ma.us). Requests should be made as soon as possible and prior to the hearing, and for more difficult to arrange services including sign-language, CART or language translation or interpretation, requests should be made at least ten business days before the hearing.

This Live Virtual Design Public Hearing or a cancellation announcement will be hosted on the internet at www.mass.gov/massdot-highway-design-public-hearings.

JONATHAN GULLIVER
HIGHWAY ADMINISTRATOR
CARRIE E. LAVALLEE, P.E.
CHIEF ENGINEER
221085 8/31, 9/7/22

PUBLIC NOTICES

Every day throughout the United States newspapers publish thousands of public notices about events, conditions or actions that affect countless individuals, families, neighborhoods and businesses. Public notices cover many topics including guardianships, conservatorships and protective orders, probating wills, business matters, liquor licensing, public auctions and sales, estates, zoning, public meetings, bids to sell goods and services to the government, auctions to dispose of surplus government equipment, local government finances and state and local elections. The public notice is a fundamental component of our system of representative democracy, which depends upon the participation of educated, responsible citizens.

The Town Crier is the Newspaper of Record in
Wilmington and Tewksbury, Massachusetts.
Public notices are published weekly. To place your notice email it to:
legals@dailytimesinc.com
Deadline for Wednesday's paper is 10 AM on Monday

LEGAL NOTICES ARCHIVE

All published legal notices are posted to the Massachusetts Public Notices website.

To search the archive of previously published legal notices go to:

www.homenewshere.com
OR
masspublicnotices.org/Search.aspx

LEGAL NOTICE



COMMONWEALTH OF MASSACHUSETTS
THE TRIAL COURT
PROBATE AND FAMILY COURT

Middlesex Probate and Family Court
10-U Commerce Way
Woburn, MA 01801
(781) 865-4000

CITATION ON PETITION TO CHANGE NAME

Docket No. MI22C0780CA

In the matter of:
Rebecca Ramos De Andrade

A Petition to Change Name of Adult has been filed by **Rebecca Ramos De Andrade of Tewksbury MA** requesting that the court enter a formal Decree changing their name to:
Rebecca Ramos

IMPORTANT NOTICE

Any person may appear for purposes of objecting to the petition by filing an appearance at: **Middlesex Probate and Family Court** before 10:00 a.m. on the return day of 09/13/2022.

This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

WITNESS, Hon. Maureen H. Monks, First Justice of this Court.
Date: August 16, 2022

Tara E. DeCristofaro,
Register of Probate
221156 8/31/22

LEGAL NOTICE



TOWN OF TEWKSBURY
PLANNING BOARD

PUBLIC HEARING

FAMILY SUITE SPECIAL PERMIT

Notice is hereby given that the Tewksbury Planning Board will hold a public hearing on **September 12, 2022 at 7:00 P.M.** in the Tewksbury Town Hall, 1009 Main Street, Tewksbury, MA 01876 on an application filed by **Katie McSheehy on behalf of Robert Ramos** for a Family Suite Special Permit pursuant to Section 7.1 of the Tewksbury Zoning Bylaw to convert existing space in the single family dwelling into a family suite addition as shown on plans filed with this Board.

Said property is located at **51 Regina S Drive**, Assessor's Map 109, Lot 88, zoned Residential.

The application may be examined on the Planning Board webpage of the Town of Tewksbury's website at www.tewksbury-ma.gov. Should other accommodations be necessary to view the application, please call the Community Development Office at 978-640-4370. Legal Notice can also be viewed on www.masspublicnotices.org

Stephen Johnson,
Chairman
8/24,31/22
221104

LEGAL NOTICE

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Carol Delsonno, Michael Delsonno to JPMorgan Chase Bank, N.A., dated August 27, 2007 and recorded in the Middlesex County (Northern District) Registry of Deeds in Book 21579, Page 44, as modified by a certain modification agreement dated May 1, 2014, and recorded with said Middlesex County (Northern District) Registry of Deeds in Book 28231, Page 73 of which mortgage the undersigned is the present holder, by assignment from:

JPMorgan Chase Bank, N.A. to Federal National Mortgage Association, recorded on July 30, 2015, in Book No. 29286, at Page 231

Federal National Mortgage Association to Wilmington Savings Fund Society, FSB d/b/a Christiana Trust, not individually but as Trustee for Pretium Mortgage Acquisition Trust, recorded on April 25, 2018, in Book No. 32025, at Page 106

for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at 3:00 PM on September 19, 2022, on the mortgaged premises located at 6 Edith Drive, Tewksbury, Middlesex County, Massachusetts, all and singular the premises described in said mortgage,

TO WIT:
The land in Tewksbury, with the buildings thereon, being Lot 36 on Plan entitled "Robin Plain Acres (Section One)", dated April 6, 1954, made by Kenneth B. Oaks, Engineer, recorded with Middlesex North District Deeds, Plan Book 84, Plan 5, bounded: WESTERLY by Charlotte Road, eighty-nine and 49/100 (89.49) feet; SOUTHWESTERLY by curving line forming the junction of said Charlotte Road and Edith Drive, twenty-eight and 54/100 (28.54) feet; SOUTHERLY by said Edith Drive, eighty-three and 73/100 (83.73) feet; EASTERLY by land of Phillips Farrington as shown on said plan, one hundred twenty-one and 28/100 (121.28)

feet; NORTHERLY by Lot 37 on said plan, one hundred (100) feet; Containing 11,404 square feet. For title reference see deed recorded in Book 19171, Page 11.

For mortgagor's(s) title see deed recorded with Middlesex County (Northern District) Registry of Deeds in Book 19171, Page 11.

These premises will be sold and conveyed subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or liens or existing encumbrances of record which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed.

TERMS OF SALE:

A deposit of Five Thousand (\$5,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at Harmon Law Offices, P.C., 150 California St., Newton, Massachusetts 02458, or by mail to P.O. Box 610389, Newton Highlands, Massachusetts 02461-0389, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said mortgage shall control in the event of an error in this publication.

Other terms, if any, to be announced at the sale.

WILMINGTON SAVINGS FUND SOCIETY, FSB,
D/B/A CHRISTIANA TRUST,
NOT INDIVIDUALLY BUT AS TRUSTEE FOR PRETIUM MORTGAGE ACQUISITION TRUST
Present holder of said mortgage

By its Attorneys,
HARMON LAW OFFICES, P.C.
150 California St.
Newton, MA 02458
(617)558-0500
16217
221110 8/24,31 9/7/22

LEGAL NOTICE



TOWN OF TEWKSBURY
NOTICE OF PLANNING BOARD HEARING
Relative to
Proposed Zoning By-Law Amendments
Pursuant to G.L. c. 40A, Section 5

The Planning Board of the Town of Tewksbury will hold a public hearing to discuss proposed amendments to the Town's Zoning By-Laws as submitted for the October 3, 2022 Special Town Meeting. The public hearing will be held as follows:

Place: Town of Tewksbury Town Hall, 1009 Main Street, Tewksbury, MA
Date: Monday, September 12, 2022
Time: 7:00 p.m.

The subject matter of the proposed amendments is indicated below. The complete text relative to the proposed amendments is available for inspection during regular business hours at the following locations: Town Clerk's Office and Community Development Office, Town Hall, 1009 Main Street, Tewksbury, MA and the Town's website at www.tewksbury-ma.gov.

Article

To see if the Town will vote to amend the Tewksbury Zoning Bylaw as follows:

- Delete Section 5.4.2.C.19 which currently reads "Marijuana Retailers. Consistent with G.L. c. 94G, § 3(a)(2), all types of marijuana retailers as defined in G.L. c. 94G, § 1, including all types of licensed marijuana retail-related businesses, shall be prohibited within the Town."
- Insert new Section 5.7.2.D Retail marijuana sales are authorized in the Interstate Overlay District subject to a license by the Select Board in accordance with Chapter 5.10 of the Town General Bylaws and a site plan review by the Planning Board.
- Amend Section 8.7.2 by adding the following:

C. These requirements do not apply to the retail sale of marijuana, which is governed by Chapter 5.10 of the Town General Bylaws.
- Add new use Retail Marijuana Sales in Appendix A: Table of Uses under Section A.4 as follows:

	F	R40	MF	VR	MUB	TC	LB	WNB	SB	GB	II	I2	OR	TD	P
J.RETAIL MARIJUANA SALES	N	N	N	N	N	N	N	N	Y	Y	N	Y	N	N	N

THE TEWKSBURY PLANNING BOARD
Stephen Johnson, Chair

221136 8/24,31/22

President follows through on campaign promise

LOAN FROM PAGE 1

out the 20th century, leaving millions of students without access to leverageable equity and assets and opening them up to predatory lending schemes.

There are more than 45 million borrowers of all ages shouldering a collective \$1.6 trillion federal student loan debt. According to the Department of Education, one-third of borrowers took on debt but did not obtain a degree, largely because of high cost of attendance. In addition, many senior citizens have student debt,

and nearly a third are in default.

The plan provides up to \$20,000 in debt cancellation for Pell Grant recipients and \$10,000 for non-Pell individuals; nearly all Pell recipients come from families making less than \$60,000 per year. Eligible individuals may not make more than \$125,000 per year in individual income, or \$250,000 for married couples.

Federal student loan repayments, paused several times during the pandemic, will resume in January 2023. Relief is capped at the amount of a borrow-

er's outstanding eligible debt.

The Department of Education is also seeking to make the student loan system more manageable. A new repayment plan will cap payments for undergraduate loans at five percent of a borrower's discretionary income, halving the standard current rate. The changes will also work to fix the Public Service Loan Forgiveness program, which provides credits to those eligible borrowers who have worked in the military, nonprofits, or federal, state, tribal or local governments.

If individuals are already enrolled in a federal income-driven repayment plan, their cancellations may be automatic. The Department of Education will be launching an application for other borrowers to input their income data to request loan forgiveness and check their eligibility. Student loan forgiveness will be tax free through 2025 as legislated in the American Rescue Plan Act of 2021, but borrowers may still have to pay state tax.

To learn more, visit www.studentaid.gov/debt-relief-announcement/

Puzzle Corner

SUDOKU

DIFFICULTY RATING: ★★☆☆☆

2		1	6	9	4			7
4		8	3	5				
					1			9
		2		7	5	8		
		9		6		4		
		5	4	8		7		
3			2					
				4	9	2		8
9			5	3	8	6		1

8/31

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HOW TO PLAY:

Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

1	2	9	8	3	9	7	2	6
8	3	2	6	7	1	9	1	9
7	9	6	9	1	2	1	8	3
9	6	1	2	8	7	9	3	1
9	2	7	3	9	1	6	1	8
3	1	8	9	1	6	2	7	9
6	7	9	1	2	8	3	9	1
2	9	1	1	9	3	8	6	7
1	8	3	7	6	9	1	9	2

NOIUTOS

ACROSS

- 1 Mellow-toned
- 5 Fang
- 10 Brave
- 12 Tennis shot
- 13 Maria Conchita —
- 14 "Truly!"
- 15 Talking bird
- 16 Yr. parts
- 18 Weather vane dir.
- 19 Most high-minded
- 23 Hurry along
- 26 Cruise or Holland
- 27 Legal wrong
- 30 Rare thing
- 32 Make nervous
- 34 Racket
- 35 Small earthquake
- 36 Sly glance
- 37 Tame carnivore
- 38 Qt. fractions
- 39 Adopt

DOWN

- 1 Feel sure of
- 2 What hulks pump
- 3 — the Barbarian
- 4 Casual greetings
- 5 Large amount
- 6 Passé
- 7 Bullfight bravos
- 8 Golf pegs
- 9 London park

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Shawsheen Tech orientation leaders participate in Ice Bucket Challenge

WILMINGTON — High school orientation leaders from Shawsheen Tech participated in the Wilmington Rotary's Ice Bucket Challenge, which raised money for the Angel Fund and ALS research. The group of seven represented the entire group of 29 student leaders, who have been working on throughout the summer to organize and plan a two-day intensive freshman orientation ex-

perience.

Angela Caira, the advisor for the orientation leaders said, "Participating in civic events like the ice bucket challenge is a way for students to practice being leaders."

She continued to say, "outreach events like this pose a different scenario to challenge students, with the goal to help them increase their social skills, build confidence, and find their voice as a

student ambassador."

The seven brave souls who willingly donated and found transportation to the event represent Shawsheen's five member towns: Bedford, Billerica, Burlington, Tewksbury, and Wilmington.

Junior Allie Oliver from Tewksbury said, "it was fun and a good bonding experience for us... and it feels good to be able to help our community."

When asked about how

this event will help with their work with the upcoming freshman orientation, senior Madison Bastarche of Burlington, said, "it is important for us to be a team so we can show the freshmen what that looks like."

Shawsheen's freshman orientation began Wednesday Aug. 31, 2022; all students returned Sept. 1.

Look twice when buying smoke and CO alarms

STOW — Massachusetts fire officials are asking the public to look twice when purchasing smoke and carbon monoxide alarms, especially when buying online. Always look for a mark confirming that your alarm is listed by a nationally recognized testing laboratory such as Underwriters Laboratories (UL) or Intertek ETL and choose alarms from a

well-known national brand. Rowley Fire Chief Mark Emery, State Fire Marshal Peter Ostroskey, and Shrewsbury Fire Chief James Vuona, president of the Fire Chiefs Association of Massachusetts, issued the reminder after members of the Rowley Fire Department recently identified multiple alarms with counterfeit marks during separate residen-

tial inspections. The alarms had been purchased through online retailers.

"We discovered these counterfeit alarms during inspections prior to home sales, but there may be many more that we haven't seen," said Chief Emery. "It's important that every residence has working smoke and carbon monoxide alarms, and it's equally important

that these alarms be reliable. Alarms that aren't tested by an independent laboratory may not protect you when you need them most."

The Massachusetts Comprehensive Fire Safety Code and State Building Code require that all smoke alarms, carbon monoxide alarms, and combination alarms be listed by a nationally recognized testing laboratory. Currently, only Underwriters Laboratories (UL) and Intertek Testing Services NA, Inc. (Intertek) are permitted to test and list smoke and/or CO alarms in the United States. The thorough review process these laboratories use helps ensure that alarms will accurately detect hazards, alert the consumer promptly, and perform other critical functions. Inspectors have found counterfeit alarms purchased online that do not detect hazards as advertised.

"Choose alarms from

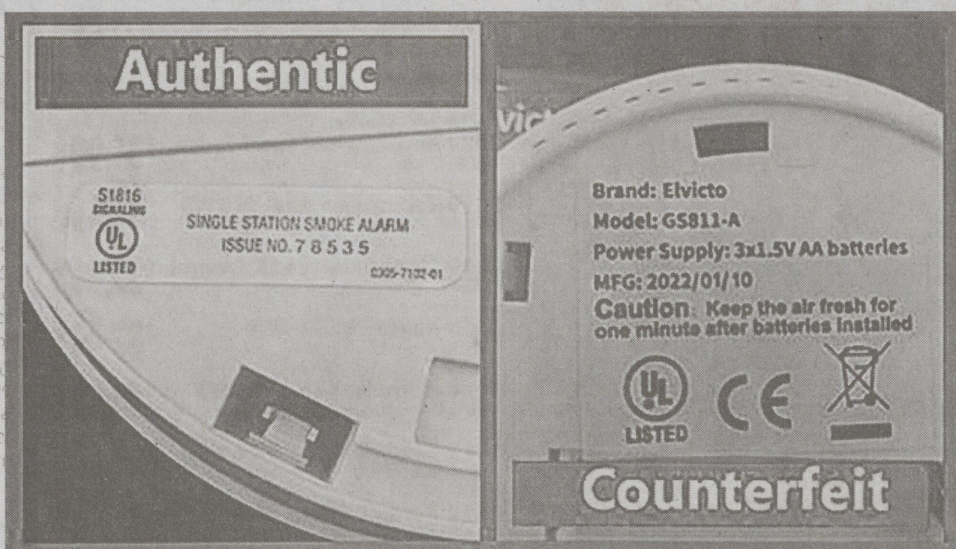
a well-known national brand," said State Fire Marshal Ostroskey. "We count on smoke and CO alarms to alert us to life-threatening danger. It may be cheaper to buy an alarm sight unseen online, but if the price seems too good to be true then it probably is."

In addition to choosing listed smoke and carbon monoxide alarms from a reputable brand, residents should also know when to replace them. Smoke alarms and most combination smoke/CO alarms should be replaced after 10 years. Most carbon monoxide alarms should be replaced after five to seven years, depending on the make and model, or when the end-of-life signal

activates.

"Just like batteries, smoke and CO alarms don't last forever," said Chief Vuona. "If your alarm takes alkaline batteries, replace the batteries twice a year. We recommend doing this when you change your clocks. When it's time to buy a replacement alarm, choose one that has a sealed, long-life battery and a hush feature — you won't have to worry about changing the battery for the life of the device. And remember to test your alarms once a month to be sure they're working properly."

To learn more about smoke and carbon monoxide alarms, visit the Department of Fire Services' website.



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Town looking to make schools more equitable for students

AUDIT FROM PAGE 1

"The findings from the audit indicate that the district is poised to engage in deep and complex work to create and sustain inclusive, culturally responsive, and affirming schools where students thrive," Mayo-Brown said.

Trends were discovered in areas including policy and planning, teaching and learning, social and emotional learning, safe and supportive schools, family engagement, teacher and principal diversity, and school funding.

Some of the strengths that Mayo-Brown found in the data were that the district's strategic planning establishes distinct and understandable objectives and priorities; social-emotional learn-

ing is expected and supported in all schools; the district has a multi-tiered system for academic and social emotional support and development; and funding systems are aligned with strategic priorities and student needs.

Among the opportunities established for the district were needs to explicitly develop and support culturally responsive teaching and culturally sustaining practices; invite students and families to help create district objectives and priorities to provide culturally sustaining and equitable outcomes; prioritize supportive school environments for LGBTQ+ students; and engage and support students and families to find equity issues and affirm

diverse backgrounds.

The opportunities are different from the recommendations made from the audit, such as creating a vision and definition of equity; providing opportunities for students and teachers to grow relationships rooted in social-emotional learning and academics; aligning school improvement plans with tiered support system and equality in learning goals; and elevating student voice.

Mayo-Brown specifically pointed to student voice, as she noticed how students shared that they appreciated being able to discuss issues and found comfort knowing that other students had the same experiences.

Another point she emphasized was that while

the district sets the tone and expectations for equity, it is inside the schools and classrooms where the work happens at the student level. Overall, she was glad to see students reflect that their teachers care about them and that they're accepted in school communities.

School Committee member M. J. Byrnes commented that the report was understandable and well-organized and she'd be interested to see how the district prioritizes the recommendations.

Stephen Turner wondered if any areas or recommendations were suggested or particularly exciting for schools to implement first. Mayo-Brown suggested instead that schools consider what work they can get

started while the district begins defining educational equity and setting strategic direction.

Chair Dr. Jenn Bryson asked what the School Committee could do with the recommendations. Mayo-Brown proposed that they could be involved with defining equity and setting vision while administration does things like figuring out priorities from the recommendations and convening groups of educators to make action plans.

Bryson reflected on the results showing that LGBTQ+ students don't feel safe and supported at school as one of the key takeaways. Mayo-Brown noted that instruction recognizing and explicitly talking about diversity and affirming students' identi-

ties and backgrounds may help.

Superintendent Dr. Glenn Brand proposed that the committee unpack the data and take the next year to identify items to be put into the next strategic plan, perhaps starting with the Equity Subcommittee. This would include input from the extended leadership team.

He also suggested that school principals could use this report in their school improvement plan presentations for the committee's Oct. 12 meeting.

Bryson acknowledged that equity for all Wilmington students is what drives their work and thanked Mayo-Brown for the report.

Wilmington Sons of Italy celebrates Italian Heritage Month in October

**Monday,
Oct. 3, 7 p.m.**
Wilmington Memorial Library

COOKING WITH ELADIO

Learn how to cook the perfect chicken and eggplant parmigiana the Italian way! Eladio Guevara, owner of EJ's Fresh Pizza in Wilmington, will demonstrate how to make it so it turns out delicious every time. Samples provided.

Contact the Library to register 978.658.2967 FREE
Sponsored in conjunction with Wilmington Sons of Italy

**Thursday,
Oct. 6, 7 p.m.**
Wilmington Memorial Library

**175 Middlesex Ave.
NORTH END HERITAGE**

Join Fr. Michael Della Penna, pastor of St. Leonard's Church in the North End and Dr. Jim Pasto, Co-Founder of the North End Historical Society in a talk about life in this Boston neighborhood. Dr. Pasto was born and raised in the North End and is working on a book about the post-WWII history of the area.

Contact the Library to register 978.658.2967 FREE
Sponsored in conjunction with Wilmington Sons of Italy

**Thursday,
Oct. 13, 7 p.m.**
Wilmington Memorial Library

**175 Middlesex Ave.
HISTORY OF ITALIAN ART**

Martha Chiarchiaro, Founder of Seeing History, will present an hour-long program focusing on the history of key Italian artists and some contemporary Italian-American artists. Martha holds a Master's Degree in the History of Art from Williams College and has traveled extensively in Europe and the U.S., visiting museums. She has been bringing history to life through art for more than 30 years.

Contact the Library to register 978.658.2967 FREE
Sponsored in conjunction with Wilmington Sons of Italy

Friday,

Oct. 14, 7 p.m.
Wilmington Memorial Library

**AFTER HOURS CONCERT:
A NIGHT WITH SINATRA AND FRIENDS**

Vocalist Luciano Sandro Russo sings the songs made famous by Frank Sinatra, Dean Martin, Jerry Vale, Perry Como and others, plus Italian classics.

Contact the Library after September 15th to register 978.658.2967 \$10
Sponsored in conjunction with Wilmington Sons of Italy

**Sunday, Oct. 16,
8 a.m. - 3 p.m.**
Old Swain Parking Lot
142 Middlesex Ave.

ANTIQUÉ/CLASSIC CAR SHOW

Join the Dominators Car Club as they show off 200+ impeccably preserved vehicles from yesterday. Spectators FREE. Refreshments served for nominal fee: breakfast sandwiches, donuts, burgers, hotdogs, sausages, chips, soft drinks.

Sponsored by Wilmington Sons of Italy; contact Chairman John Romano at 978.988.8045 for more information

**Friday,
Oct. 28, 9 a.m.**
Hillview Golf Course
149 North St.
North Reading
12TH ANNUAL ITALIAN HERITAGE GOLF CLASSIC
100% of proceeds to be-

nefit Alzheimer's Association, Cooley's Anemia Foundation, and the Italian Heritage Scholarship Fund. \$150pp includes greens fee, golf cart, a player gift, driving range, continental breakfast, hotdog/chips/soda at the turn, and a luncheon buffet. Golfers may register individually or in teams of four. Prizes for top three teams and contests on the course. Shotgun start and scramble format.

Sponsored by Wilmington Sons of Italy and Italian Heritage Month Committee

Contact Tournament Chairman Kevin Caira at 978.657.7734 for information on participating in the tournament, sponsorships, or donating a gift to the raffle.



Herb Chambers

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2012 Hyundai Santa FE SE AWD H220709, Auto., Green, 76K miles	\$13,998
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2016 Honda Civic LX Sedan HP7412, Auto., White, 88K miles	\$14,998
2012 Honda Accord LX-P Sedan HP7428, Auto., Polished Metal Metallic, 77K miles	\$15,498
2016 Nissan Juke S AWD H2206641, Auto., Super Black, 79K miles	\$15,998
2011 Honda CRV LX 4WD H220685, Auto., Royal Blue Pearl, 75K miles	\$15,998
2015 Toyota Sienna LE AWD H220574, Auto., Sky Blue Pearl, 153K miles	\$16,998
2018 Toyota Camry LE Sedan H2206041, Auto., Blue Crush Metallic, 104K miles	\$19,498
2016 Nissan Rogue SL AWD HP7393, Auto., Silver, 88K miles	\$19,698
2013 Lexus ES 350 Sedan HP7419, Auto., Silver, 83K miles	\$20,998
2018 Honda Civic LX Hatchback H220724, Auto., Lunar Silver, 38K miles	\$21,998
2018 Honda Civic LX Sedan H220684, Auto., Rallye Red, 24K miles	\$21,998
2016 Honda Odyssey SE CP0092, Auto., Crystal Black Pearl, 93K miles	\$22,998
2019 Honda Civic LX Sedan H2205622, Auto., White Diamond Pearl, 24K miles	\$23,498
2019 Hyundai Sonata SE Sedan H230017, Auto., Symphony Silver, 24K miles	\$23,998
2019 Honda HRV LX AWD H230012, Auto., Crystal Black Pearl, 30K miles	\$25,998
2019 Jeep Compass Latitude H2206331, Auto., Silver, 25K miles	\$25,698
2016 Jeep Wrangler Sport AWD HP7395, Auto., Tank Clear Coat, 80K miles	\$27,498
2019 Honda HRV EX AWD H230020, Auto., Lunar Silver, 10K miles	\$27,998
2019 Honda HRV Sport AWD CP0088, Auto., Modern Steel Metallic, 35K miles	\$27,998

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2019 Honda Pilot EX-L AWD H220652, Auto., Deep Scarlet Pearl, 26K miles	\$30,998
2019 Honda CRV EX AWD CP0087, Auto., Lunar Silver Metallic, 28K miles	\$30,998
2017 Honda CRV Touring CP0079, Auto., Obsidian Blue, 31K miles	\$30,898
2018 Honda CRV EX-L AWD CP0083, Auto., Basque Red Pearl, 33K miles	\$31,498
2019 Honda Accord Sport 2.0T HP7411, Sedan, Platinum White Pearl, 24K miles	\$31,698
2020 Honda Accord Sport Sedan H220651, Auto., Modern Steel, 14K miles	\$31,998
2019 Volkswagen Atlas SE AWD H220607, Auto., Pure White, 42K miles	\$32,498
2019 Chevy Colorado LX Crewcab H2206721, Auto., Black, 26K miles	\$32,998
2020 Honda CRV EX AWD CP0089, Auto., Mollen Lava Pearl, 20K miles	\$33,498
2020 Mercedes GLA 250 AWD H220584, Auto., Mountain Gray, 18K miles	\$34,998
2019 Honda Passport EX-L AWD CP0104, Auto., White Diamond Pearl, 34K miles	\$35,998
2018 Honda Odyssey EX-L CP0078, Auto., Lunar Silver, 34K miles	\$36,698
2020 Infiniti QX60 Luxe AWD H220663, Auto., Black Obsidian, 26K miles	\$37,498
2019 Honda Ridgeline RTL-T H220668, Auto., Crystal Black Pearl, 34K miles	\$37,998
2019 Honda Acura MDX AWD H220706, Auto., Black, 39K miles	\$37,998
2020 Honda Pilot EX-L AWD H220690, Auto., Platinum White Pearl, 34K miles	\$38,998
2019 Honda Ridgeline RTL-T AWD H220721, Auto., Crystal Black Pearl, 17K miles	\$38,998
2019 Toyota Tacoma Limited 4WD H220691, Auto., White, 9K miles	\$43,998
2019 Audi A6 Premium Plus HP73981, Auto., Brilliant Black, 45K miles	\$43,998
2021 Honda Pilot Elite CP0086, Auto., Modern Steel, 12K miles	\$48,998
2020 Toyota Sequoia TRD PRO 4WD HP74151, Auto., Super White, 35K miles	\$65,998

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